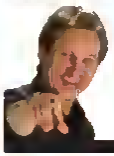
Chichester Herald

Friday 4th May 2012
YOUR FREE WEEKLY NEWSPAPER

INSIDE



"Just don't argue with my wife"
TOMMY BOYD
Page 4

The Avengers
COMPETITION
Page 20

Fillies and Mares take centre stage
SPORT
Page 39

Tragedy at Goodwood

>> *Woman racing driver dies in high-speed crash at circuit*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

A WOMAN amateur racing driver has died in a high-speed crash at Goodwood motor racing circuit.

Sandra Harrison-Moore, 37, lost control of her classic sports car and crashed into the tyre wall during a time-trial event.

She was airlifted to hospital with head injuries after the accident, at 2.50pm on Saturday, but doctors were unable to save her.

Mrs Harrison-Moore, from Milton Keynes, Bucks, had been racing a Caterham sports car in a sprint event at Goodwood in Chichester, West Sussex.

It is understood that she raced the L7-2 Caterham Roadsport 1800 car regularly with her husband, Simon, 48, and has competed in similar events across the country as a hobby.

Preliminary investigations into the crash have established that no other vehicle was involved, but it is not yet clear why Mrs Harrison-Moore lost control. She was treated at the scene by paramedics and taken to Southampton General Hospital, where she died on Saturday night.

> "This appears to have been a tragic crash during a regular time trial event"

Police have been called to the scene to investigate on behalf of the coroner and an inquest will be opened.

Mrs Harrison-Moore, who is from South Africa, has been a described as an "incredibly talented" occupational therapist, working to rehabilitate stroke patients.

Continued on page 3

Sandra Harrison-Moore raced the Caterham Roadsport 1800 regularly across the country

MORE HEADLINES >>

UNPACKING BEGINS AS OPENING DATE IS ANNOUNCED FOR THE NOVIUM *Page 3*

NEW WEBSITE OFFERS CHANCE TO BUY HISTORIC WEST SUSSEX PHOTOS *Page 7*

APPOINTMENT OF NEW CHAIR TO THE BOARD OF TRUSTEES AT CFT *Page 12*

RUSSELLS
GARDEN FURNITURE SALE
HUGE SELECTION IN OUR SHOWROOM,
FREE IMMEDIATE DELIVERY

Russells - the garden centre, lifestyle store and award winning restaurant & deli
Tel: 01243 512525 Find us on the road to West Wittering beach www.russellsgardencentre.com

InterCash BUREAU de CHANGE

WE CAN'T GUARANTEE WHAT HAPPENS ONCE YOU GET OUT THERE, BUT WE CAN START YOU OFF ON THE RIGHT FOOT BEFORE YOU GO!

COMMISSION FREE FOREIGN CURRENCY

+ Excellent Rates of Exchange

and our unrivalled InterCash Customer Service

(NOW NEARLY 18 YEARS AS THE MOST POPULAR BUREAU de CHANGE IN OUR REGION)

If you cannot get to us to change your money, please Make sure that you check very carefully exactly what rate(s) you are actually being offered Beware of any hidden charges (we don't have any) and/or any "minimum spend" requirements (we don't have any of these, either) And, if you're paying by card make sure your card company doesn't charge an foreign exchange transactions, as many of them do!

The exchange rates we advertise every day are the MINIMUM you will get, even if you are changing just £1 - there are NO minimum spending limits involved, but there are better rates for changing larger amounts!

105e Commercial Road (corner Edinburgh Road)

120 London Road North End, Portsmouth

Gladstone Place Buckland, Portsmouth

5 Marmion Road, Southsea

322 London Road Waterlooville

16 Market Road, Eastgate Square, Chichester

32 Jewry Street, Winchester

LATEST RATES UPDATES & OPENING HOURS AVAILABLE VIA OUR CUSTOMER CARE LINE

Travellers Cheques

023 9265 6900

www.intercashuk.com

MOST MAJOR CURRENCIES ALWAYS HELD IN STOCK

FOLLOW US ON TWITTER
@chiherald

Unpacking begins as opening date is announced for The Novium

MUSEUM staff, professional conservators, and specialist contractors are currently transferring and installing collections from the old museum in Little London into Chichester District's new museum, The Novium, so it can open its doors to the public on Sunday 8 July.

This week saw the installation of the very first object into the new galleries - the large Chilgrove Mosaic. This mosaic dates back to the fourth century and was discovered at Chilgrove Roman Villa. Due to its size, weight and construction this was an easy task, especially as one section alone weighs 500kg and there are four sections in total!

The mosaic has been sited opposite the remains of Chichester's Roman bath house, which has been uncovered for the public to see for the first time and which dominate the ground floor. Since the baths were first excavated in the 1970s they have been preserved under a car park, until the museum could be purposely built over the top.

The Novium will contain about 150,000 artefacts, both on display and in its store. Along with the bath house remains and Chilgrove Mosaic, the museum contains many other fascinating exhibits. These include the Jupiter Stone, a portion of Roman sculpture base dated anywhere between the late first and early third century AD. Gallenas will look at continuity and change across places in the district and influences from different people, as well as to wider technological and social developments.

Tracey Clark, The Novium Manager, says the challenge has been choosing the objects to be displayed in the galleries. She says: "Chichester has got a big story to tell and to achieve this we've decided to display a large number of objects that have never seen the light of day before alongside some that may be recognised from the old museum. Together these tell the story of the District and the people that have lived here and influenced its development.

"The museum offers something for everyone and brings together the district's rich history under one roof."

The Novium building was designed by the award winning Keith Williams Architects, whose projects include the Wexford Opera House in Ireland and the Unicorn Theatre in London.

The museum will also contain a shop with a wide range of local and unique gifts, souvenirs and books and the city's Tourist Information Centre.

Continued from page 1

Insp Phil Nicholas, of Sussex Police, said: "This appears to have been a tragic crash during a regular time-trial event and our thoughts go to the victim's family, who were with her when she died."

The Motor Sports Association (MSA), which ran the event, confirmed that it would be working with police and Mrs Harrison Moore's club to establish what happened.

A spokesman for the MSA said the crash happened during an officially sanctioned sprint event, in which cars take to the circuit in turn to set their fastest time. It was a popular discipline of motorsport and "has an excellent safety record".

He said: "We regret that a 37-year-old woman died on Saturday while taking part in a sprint event held at the Goodwood motor circuit.

"The MSA sends its deepest condolences to her family and friends. As with any serious incident in or around motorsport, the MSA is working with the police, other agencies and the organising club to establish precisely what happened.

"It is clear that the event rescue unit and paramedics were very close to the accident and were immediately on scene, before the casualty was evacuated by helicopter to Southampton General Hospital."

Selsey Gardens
Open Day
Sunday 17th June 2012
11.00am - 5.00pm
Selsey, West Sussex
From cottage, courtyard and Sir Patrick Moore's world famous observatory garden, to those enjoying spectacular sea views - there's something of interest for everyone
★ NEW gardens for 2012
Alzheimer's Society

Moral 2: Just don't argue with my wife. She plans too well...

Tommy Boyd

RUPERT MURDOCH

After months of questioning and custard pies, 11 MPs have said that Rupert Murdoch is not fit. It's a dated use of 'fit'. Kids must guess they are saying they don't fancy him.

ARGUING SKILLS

We were standing at the front window trying to judge if the rain was set in for the day. This is Saturday morning, by the way. We watch a woman (Chichester lady, red Barbour coat, floppy hat) with a black and white dog walk past the house. The dog stops and does a poo on the pavement. The woman goes over to it, picks up a twig and flicks it into our front garden. 'You've never seen a wife move so fast. She darts into the kitchen then out the door...

Wife: 'Excuse me, did you know you're dog has just fouled the pavement'"

Woman: "No"

Wife: "Yes you do, I saw you flick it into our garden" (Woman shows no embarrassment at being caught lying)

Woman: "It was only a small poo"

Wife: "I think you'll find it's a finable offence. Please remove it. And will you please remove your dog from our garden. (Dog is now peeing on our front lawn)

Woman: "I've only got some tissues

Wife: "Use this carrier bag" (the reason she nipped into the kitchen)

Woman: "I'm sure I won't be able to find it"

Wife: "I'm going to let you off this time, if it happens again I will notify the authorities"

My wife, Jayne, was a very happy girl all day. Moral 1. Self-assertion, done properly, has enormous potential to raise our spirits. Moral 2: Just don't argue with my wife. She plans too well.

LOSING IT

Some people walk into a room and wonder why they're there. Terry Wogan joked the ultimate senior moment is when you go to a tea dance and ask a woman "Do I come here often?" I phoned a carpet shop and a nice man who told me he'd been a contestant on Ken Bruce's Pop Master, came and measured up. He said to ring him. I can't remember his name or the name of the shop, or where I put his phone number.

CHICHESTER DRESS CODE

Men. On Saturdays, it's red trousers. Cords, moleskin, or brushed cotton. Worn with stout brown leather shoes.

DIRECTIONS

Driving up College Lane the car in front stops. The woman winds down her window and asks two women on the opposite pavement for directions. They cheerfully hum and haw, as everybody likes to be able to give directions. Meanwhile nuggins, idling behind, is made to sit and wait. Eventually she moves off. Fuming, I wind down my window and say to the women, "Do you know the way to Letsby Avenue?" (No such place). They give it thought then have to say, "No, sorry." I reply, "It's about half a mile up here, left and third on your right." They smile and thank me. Then stare into space trying to compute what's been said. I drive off hoping I've made a point. Somehow.

JOKE

Q. Where do pohosmen live?

A. Letsby Avenue.

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

PMN
Wedding Fayres Ltd
Exhibitions and Events
PRESTIGIOUS WEDDING FAYRES ACROSS HAMPSHIRE, SUSSEX AND SURREY
Spring Wedding Fayre
Old Thorns
Manor Hotel Golf & Country Estate
Old Thorns, Griggs Green, Liphook, Hants, GU30 7PE
Sunday 13th May 2012
10:30am - 3:30pm
BRIDAL FASHION SHOWS: 12:00pm & 2:00pm
BRIDAL GOWNS ~ GROOM'S ATTIRE ~ JEWELLERY
FLOWERS ~ CARS ~ PHOTOGRAPHERS
TABLE DECORATIONS AND LOTS MORE!
FOR MORE INFORMATION CALL
Tel: 01730 827427 Mobile: 07816 911510
www.pmnweddingfayres.co.uk info@pmnweddingfayres.co.uk
facebook.com/pmnweddingfayres
Photography
www.paulmotherphotography.co.uk facebook.com/pmnphotography

Man charged with GBH following football match in Southbourne

A 21 YEAR-OLD man has been charged with inflicting grievous bodily harm following a football match in Southbourne.

Ashley Pulleybank, of Glenelg Close, Bognor Regis, has been charged and bailed to appear at Chichester Magistrates' Court on Wednesday 16 May.

Police were called following an assault after a football match at Bourne Community College, Park Road, Southbourne, on 15 January. The 20-year-old victim was taken to Queen Alexandra Hospital, Portsmouth, where he underwent surgery for a fractured jaw.

Speed campaign comes to an end

MORE THAN 3,000 people were detected speeding in Sussex as a result of a week long focus on speed on the county's roads.

During the TISPOL Speed Awareness Week (Monday 16 - Sunday 22 April), a total of 3,044 vehicles were detected driving over the speed limit across the county by the Sussex Safer Roads Partnership (SSRP).

Of these, 370 people were identified by officers from Sussex Police's Roads Policing Unit, a key partner within the SSRP, while the remaining 2,665 were detected on the county's network of fixed and mobile enforcement cameras.

Chichester Herald
FREE EVERY FRIDAY
Chichester Herald [illegible] every Friday [illegible] a total print run of 45,000.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Health & Wellbeing, Cotswold newsagents, Co-op St Pancras, Chichester College plus nearly 200 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of the addresses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include:

Alowick, Arundel, Barnham, Bersham, Bognor, Bracklesham, Chi-ce-ster, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Rose Green and East & West Wittering.

Contact us

Information:
info@chichesterherald.co.uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub Editor:
Megan Hedges *(Sub-Editor)*
megan.hedges@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
adverts.mg@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk
Ben Cook *(Advertising Executive)*
ben.cook@chichesterherald.co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

Telephone:
01243 200999

Head office:
[illegible] Chichester West Sussex, PO19 7BB

www.chichesterherald.co.uk

Twitter: @chiherald

It really does work - the testimonials: Furniture & Mirror, based in Terminus Road say: "Whilst a couple were having a coffee in Bhs they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

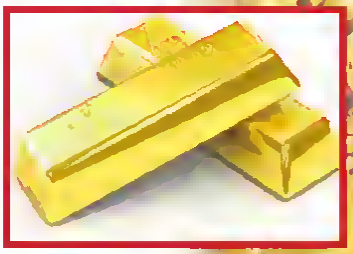
Recycle

Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.

Printed by Iliffe Print www.iliffeprint.co.uk

~ TOP PRICES PAID ~

WANTED URGENTLY



Scrap Gold • Broken Jewellery • Watches, etc

Lowery Jewellers

74 North Street, Chichester, West Sussex, PO19 1LQ

Tel: 01243 789518

AMBERLEY
MUSEUM & HERITAGE CENTRE
DISCOVER • LEARN • HAVE FUN

Amberley Museum & Heritage Centre, Amberley, Near Arundel, West Sussex, BN18 9LT.
T: 01798 831370 E: office@amberleymuseum.co.uk

Vintage Agricultural Vehicle & Woodland Craft Show

Sunday 13th May

A popular event at the Museum offering a wide range of exhibits and activities.

- Tractors
- Steam engines
- Stationary engines
- Working wood yard
- Woodland crafts
- Living vans
- Trailer rides
- Bus and train rides

An enjoyable day out for all the family.
For further information visit:

www.amberleymuseum.co.uk

New website offers chance to buy historic West Sussex photos

WOULD YOU choose an unusual historic photograph of Chichester or the surrounding area to have hanging in your home?

West Sussex County Council's Record Office has some of the largest archives of historic pictures in the country

Now, for the first time, you can go online and browse the collections to buy a copy for yourself – or your friends.

From blacksmiths and horses through to shots of the Home Guard and wartime weddings there are dozens of photographs to choose from

Images can be put on a jigsaw, coffee mug, mouse mat or even keyrings

Buying is easy: all you need to do is go online, find your favourite picture, select how you would like it reproduced and select your order

Lionel Barnard, West Sussex County Council Deputy Leader who is responsible for the Record Office, said: "We are very fortunate to have such a wonderful collection of historic photographs in our vaults.

"Whether you want a picture hanging in your home or an unusual photo mug that stands out from the crowd this new site has a great selection to choose from.

"It already has a wide range of photographs and more are being added every month."

Prices range from £5 for a small print, fridge magnet or key ring, through to £15 for a photo t-shirt, £17 for a jigsaw or £100 boxed canvas print.

To find out more, visit and view the photographs visit: www.sussexpictures.co.uk.

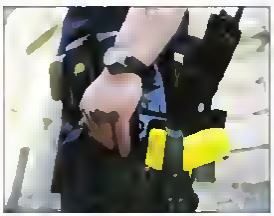
Alternatively contact that Record Office on 01243 753 602 or email. records.office@westsussex.gov.uk.

Wider roll-out of Taser by Sussex Police

SUSSEX Police is planning to introduce Taser to a wider range of specialist officers over the next few months. Around 160 extra officers from local response and support teams, about 6% of the total number in Sussex, will receive training later this year.

Taser has been in use by Sussex firearms officers for some years. Sussex Police had previously restricted the use of Taser to authorised firearms officers, but will now join other UK forces in introducing it to a small number of specialist officers. Elsewhere, it has been shown to reduce the levels of force used by officers when dealing with violent or threatening situations, avoiding, for example, the use of a baton and captor spray. It also means that there will be fewer incidents that need to be attended by fully armed officers.

Chief Superintendent Paul Morrison, head of Operations for Sussex Police, said: "Sussex Police was one of the small number of forces that have previously restricted the use of Taser to specialist firearms officers.



Experience, both locally and nationally, has shown that it can act as a deterrent to the escalation of violence. Nearly 70% of incidents where there is a possibility of using Taser, end without it being discharged."

"We would only deploy Taser to an incident where there was a real threat of violence. In many cases Taser has been shown to have a deterrent effect and reduces the levels of force an officer has had to use such as using a baton or captor spray."

SING! DANCE!
ACT NOW!
The original, largest and still the best network of performing arts schools in the world.
Nurturing and developing young peoples potential through dance, drama and singing.
For 4-18 year olds at weekends and holiday workshops.

Stagecoach Chichester

Is enrolling NOW for the Summer term

An opportunity to experience the exciting mix of dance, singing and drama.
Call: 01243 587 885
email: chichester@stagecoach.co.uk
www.stagecoach.co.uk/chichester
'Act' now limited places available!
Theatre Arts Schools
Stagecoach

Students get creative to help West Dean

STUDENTS from West Dean College near Chichester will offer their work at auction to raise funds to supplement the college's bursary and scholarship schemes

The students, who are on the full-time Conservation and Making programmes in metals, clocks, musical instruments, furniture, books and ceramics, have been working on a series of specially created pieces to go under the hammer at Bellmans Auctioneers in West Sussex on May 23-25.

The auction house has agreed to waive their commission to help the cause

Swimmers complete 62 miles to raise money for charity

FORTY-THREE swimmers collectively swam 62 miles at Westgate Leisure Chichester over the weekend to help raise money for charity.

The Swimathon Weekend is a national sporting event supporting two major charities Marie Curie Cancer Care and Sport Relief The event, which is in its 25th year, has raised £36 million for various charities since it started 26,000 swimmers took part all over the UK on Saturday and Sunday (28 & 29 April)

"It was the first time we have run the event at Westgate and we are really pleased with how it went and hope to repeat the event next year," says Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council.

"Swimmers completed various distances ranging from the 48 length Sport Relief mile to the 150 length 5k swim for Marie Curie They enjoyed the challenge and there was some great feedback. It's also given swimming a boost and we have noticed that the pool has been much busier

"We would like to say a big thank you to all the swimmers for taking part, especially some of the younger entrants Also we would like to thank the volunteers who helped count laps, which was no easy task, and our staff team for staying late on both nights.

"There was great atmosphere on both evenings and we hope to see all the swimmers and more at next years' event, which gives plenty of time to get in training!"

Money Magic!

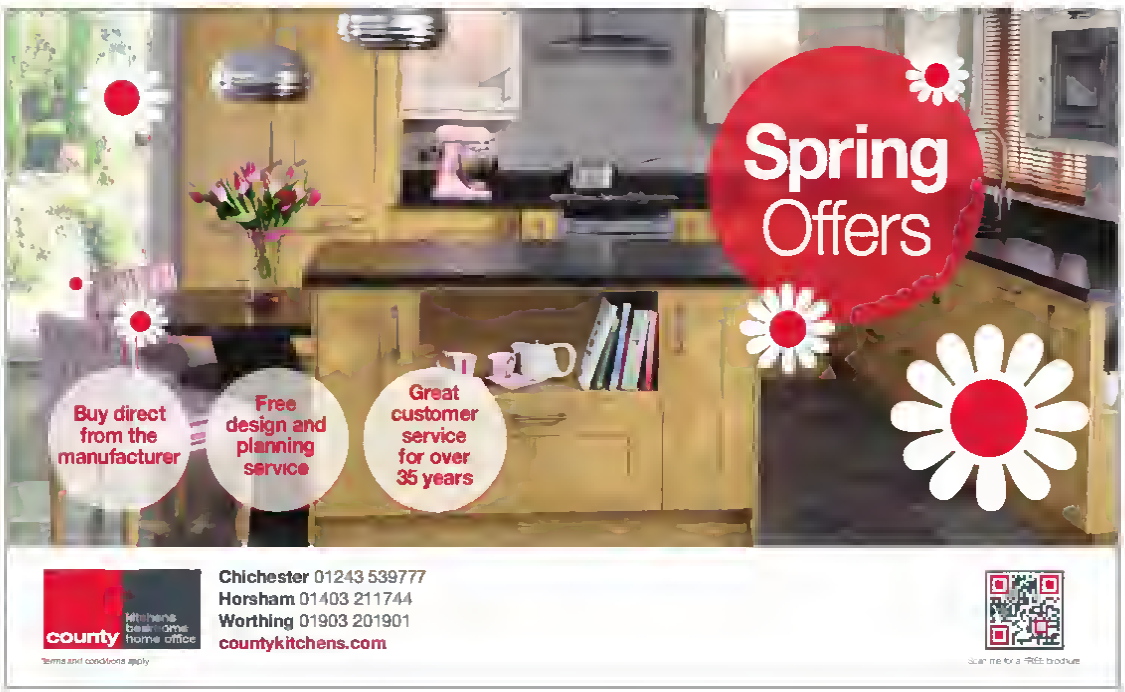
A SEA of excitable children from Magic Minders– Worthing Child-minding Association visited the Aldingbourne Country Centre to present the Trust with a cheque for £100.55. Each child was set a challenge to collect as much loose change from family and friends as they could

Michelle McKinley Bell, the Trusts Enterprise and Development Manager said- "It's really exciting to see so many children altogether at one time at the Country Centre and we really appreciate Magic Minders choosing to fundraise for the Trust The money was presented by cheque along with a large paper mache money box, which had been decorated by the children and which now stands pride of place in the shop "

After the cheque presentation the children and their minders, who are regular visitors to the Country Centre went off to enjoy lunch and afterwards an afternoon visiting the animals on the Open Farm and playing in the woodland walk. Magic Minder, Nicky Gare – Mogg, said. "The Country Centre is such a fantastic place to bring children, it's friendly, fun and has lots for children to do and is free to enter We were only too pleased to support the Trusts fundraising appeal

The Aldingbourne Trust have recently officially launched their £4 million fundraising appeal, where they intend to spend the money raised on improving the current facilities and building larger facilities at the Country Centre, to include a new conference centre and cafe seating up to 150 people. This will attract more visitors as well as supporting more adults with learning disabilities to gain the skills relevant for future employment.

If you're interested in finding out more about the Trust's £4 million fundraising appeal and how you can get involved then please contact abigailr@aldingbournetrust co.uk or visit www.aldingbournetrust.co.uk



Visit our Showrooms at Market Road Chichester & Blackbrook Road Fareham

Now in our 25 years of continuous trading

idealwindowsolutions

YOUR LOCAL A RATED WINDOW COMPANY

Spring into action
save energy,
save money &
make your home beautiful

	Fully Fitted INC VAT	Superior A Rated	Standard C Rated Windows
4	Windows any size	£1995	£1775
6	Windows any size	£2975	£2650
8	Windows any size	£3950	£3495
10	Windows any size	£4970	£4395
12	Windows any size	£5950	£5395
14	Windows any size	£6950	£5995
16	Windows any size	£7850	£6795

10 year insurance backed warranty
Competitive Finance Rates Available

ANY SIZE, WHITE PVCu
PATIO DOORS OR FRENCH DOORS
up to 1900mm wide and 2100mm high

£1095
FULLY FITTED INCLUDING VAT

Yale The UK's First & Only Energy Rated Doors
HIGH SECURITY LOCKING – INSURANCE APPROVED

Secured by Design

FULLY FITTED £995 INC VAT

FULLY FITTED £1550

Local company with Fareham, Chichester, Petersfield, Horndean, Portsmouth, Southampton, Havant, Waterlooville, Emsworth, Hayling Island, Bognor Regis, Littlehampton, Arundel, Worthing, Midhurst, Haslemere, Liphook, Liss, Alton, Petersfield, Horndean, Portsmouth, Southampton, Havant, Waterlooville, Emsworth, Hayling Island, Bognor Regis, Littlehampton, Arundel, Worthing, Midhurst, Haslemere, Liphook, Liss, Alton and surrounding areas

For expert advice on our exclusive range of PVCu, Timber and Aluminium Windows, Doors & Conservatories

FREE PHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Ideal Window Solutions Ltd. Unit 12 Blackbrook Business Park Blackbrook Road, Fareham, Hampshire PO15 5DR

enviro FENSA CheckATrade.com ratechoice dgcos

Energy saving trust recommended

Cooper misses out by a whisker after massive swing to the Lib Dems

LIB DEMS got an 18 0 per cent overall swing in the recent Plaistow by-election—but it wasn't quite enough to get Ray Cooper on to Chichester District Council

Former policeman and publican Mr Cooper lost by just 48 votes after standing for the eighth time in nine years in the election-wracked ward

The latest poll on 10th April followed a spate of Tory resignations in the ward, with five by-elections in nine years costing the council tax payer around £20,000 in all

Voters in the ward that incorporates the villages of Plaistow-with-Ifold, Lurgashall, Loxwood and Northchapel have had to vote eight times since 2003, including full and by-elections

The latest by-election saw the Conservatives' Nick Thomas get 455 votes, polling 52 5 per cent That was just enough to beat Cooper's 408 votes or 47.8 per cent Turn-out was 22 per cent

The Lib Dems currently hold a majority on Chichester City Council while the Tories control the district

The county council elections in May next year are likely to see the ruling Conservatives challenged on their record over issues such as cuts to care for the elderly and disabled as well as funding for rural bus and library services

Schoolchildren design clean up message to dog walkers

SCHOOLCHILDREN have been working with Chichester District Council's Dog Control Officers and Birdham Parish Council to produce colourful signs to highlight the problem of dog fouling in their community

Year 6 pupils at Birdham Primary School hope the signs will raise awareness of the issue and persuade those responsible to clean up after their dogs.

The council often receives complaints from children and parents about dog mess in parks where children want to play By involving those in the community who are affected the council hopes it will send a message to irresponsible dog owners The Dog Warden visited the school to work with the children and create pictures highlighting the problem Birdham Parish Council chose five of the best designs to be professionally printed onto permanent signs The signs will be paid for by Birdham Parish Council.

The result of the children's efforts will be colourful and hardwearing signs warning people of their responsibility to bag and bin their dog's mess These eye-catching signs will now erected at various locations around Birdham

Pupils were keen to make sure that dog owners take responsibility for their pets and that they clean up after them.

Councillor John Connor, Chichester District Council's Cabinet Member for Environment, says: "The response from the pupils was very encouraging and we were delighted to work with them with the aim of raising awareness of the need for dog owners to clean-up after their pets It's totally unacceptable that some people let their dogs foul public places "

Angela Parks, Chairman of Birdham Parish Council, says: "There were so many wonderful posters, that it made our job of choosing a winner very difficult We have decided therefore to use five different designs from the 32 that were submitted to us You can see the five winning posters being held by the pupils "

Coming into contact with dog faeces can cause 'toxocariasis' which can lead to serious illness and even blindness Children are particularly vulnerable to this.

Failing to clear up after your pet is a criminal offence and those found to be responsible could face an on the-spot fine of £75

THE BEST CARE CENTRE in the SOUTH - BY FAR

Concentrating on Equipment for the Not So Able

Single and Dual Motors Available

Electric Rise & Recline Chairs from £699.00

Also with Massage Units

Electric Adjustable Head and Foot End Beds from £699.00

Some with Lifting Seats & Lumbar Pumps

High Seat Chairs from £201

4 Wheel Walkers from £120

All Bathroom Equipment including

Battery Operated Bath Seats from £520

DISCOUNT SCOOTERS - SAVE £££'s ON NEW SHOPRIDER MODELS

Rascal 388XL

Road Legal Scooters from only £1,395

Capri

Micro-scooters from only £599

Sovereign 4

UK s No 1 Best Selling Scooter ie "Sovereign only £995

The UK's No. 1 Choice

Ask for Details

Power Packs £699 Fitted

SALES ★ SERVICE ★ REPAIRS

Lightweight Wheelchair with Slowing Brakes only £170

(Prices Correct at Time of Printing)

ACCESSIBILITY & KEITH JAY CARE CENTRE

39 Bedford Street, Bognor Regis (Opp. Morrisons) Tel: 01243 865089

www.accessibility.uk.com

Indulge in comfort for less

Stressless

THE INNOVATORS OF COMFORT™

Save on price - not on quality.
Selected Atlantic recliners now from £749.

- Immediate delivery
- Selection of leather or fabrics
- For a limited period only - while stocks last
- Patented system for perfect neck and lumbar support

Recliners | Sofas | Home Cinema | Ottomans | Occasional Tables

Atlantic Recliners in Fabric now from £749 Save £430

10 YEAR GUARANTEE ON INTERNAL MECHANISM

High Street, Bognor Regis, West Sussex PO21 1RR
tel: 01243 871200
www.reynoldsfurniture.co.uk email: info@reynoldsfurniture.co.uk

Reynolds Fine Furniture

www.stressless.co.uk

ontrack
groundwork services
Groundwork/Landscape Contractors
neilamellsmith@yahoo.co.uk
Landscaping
Groundworks
Foundations for extensions and new builds
Paving & Patios
Driveways
Fencing
Brickwork
Garden Clearance
Drainage
Demolition
Checkatrade.com
Where reputation matters
01243 606455
07800 957486
Selsey, Chichester
cscs constructionskills

Appointment of new Chair to the Board of Trustees at CFT

CHICHESTER Festival Theatre has announced the appointment of Sir William Castell as the Chair Elect of its Board of Trustees

He joins the Festival Theatre as it celebrates its 50th anniversary season while also looking to the future with an ambitious £22 million redevelopment project.

Castell was knighted in 2000 for his contribution to the life science industry and has had a distinguished career in both the private and charitable sectors

He is currently Chairman of the Wellcome Trust, the largest charity in the United Kingdom and one of the world's largest biomedical research charities Prior to this appointment, he was President and Chief Executive Officer of GE Healthcare and a Vice Chairman, and latterly a non-executive Director of the General Electric Company Before that he was Chief Executive of Amersham plc for 15 years..

He remains the Chairman of the High Street Fund and has recently stepped down as an independent director of BP PLC..

His previous not-for-profit roles include being a member of the UK Medical Research Council and serving as Chairman of The Prince's Trust He is an honorary Fellow of the University of Oxford, and the Academy of Medical Sciences, and a Trustee of the Education and Employers Taskforce.

Castell has been a member of Chichester Festival Theatre's Board of Trustees for two years, and is the chairman of the redevelopment project fundraising team.

He will take over from Chichester Festival Theatre's current Chair, Lord Young of Graffham, who stands down in September 2012 after 15 years in the post. Under his leadership, the Theatre has emerged from a challenging period to build its reputation as one of the UK's flagship regional theatres, producing work of the highest quality for local, national and international audiences

So far in 2012, Chichester Festival Theatre productions of Singin' in the Rain, Sweeney Todd, South Downs and The Browning Version and Bingo have opened in London's West End, allowing the Theatre's work to be seen by thousands of people beyond the Sussex region

Alan Finch, Executive Director of Chichester Festival Theatre, said: "Our success is testament to the commitment and hard work of the current Chair, Lord Young He has guided the Theatre through challenging times, building strong relationships with other Board members, theatre staff, our supporters and partners in the local community.

"He will be sorely missed, but we know that his successor, Bill Castell, brings great knowledge and expertise to the role of Chair and we look forward to working closely with him."

Bill Castell said: "Following in the footsteps of such a dedicated and successful predecessor will be a major task. However, I am delighted to be appointed as the Chair of Chichester Festival Theatre at such an exciting time in its history.

"One of my immediate priorities will be to focus on the RENEW redevelopment project. The proposed redesign, improvements and repairs to our Grade II * listed building are vital to this Theatre's future."

SPRING BED SALE!

Great offers on beds

available to take away today

FAUX LEATHER BEDS

From £99

(RRP £249)

4'6" Dark Brown

(now available in ivory)

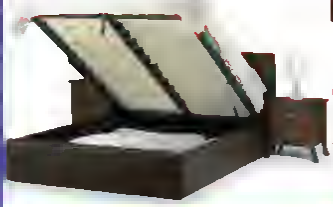
HALF PRICE MATTRESS

(selected mattresses)

WHEN YOU BUY THIS FAUX LEATHER BED!

Kingsize Available

OTTOMAN FAUX LEATHER STORAGE BEDS



From £169

(RRP £349)

4'6" Dark Brown

HALF PRICE MATTRESS

(selected mattresses)

WHEN YOU BUY THIS FAUX LEATHER BED!

5' & 6' available

MANY METAL ACTION SOFA BEOS

IN STOCK inc The High Quality

ROMA SOFA BED

£349

(RRP £799)

Pellissime Leather (black) (sprung mattress)

FAMOUS AIRSPRUNG DIVANS & MATTRESSES

SINGLE MATTRESSES from £49

DOUBLE MATTRESSES from £79

3' DIVAN & MATTRESSES from £79

4'6" DIVAN & MATTRESSES from £99

KINGSIZE METAL BEDSTEADS from £95

MANY MORE TYPES & SIZES IN STOCK

GET THIS AMAZING HIGH QUALITY BEDROOM SET

Includes: 4'6" Faux Leather Bed (mattress included)

Chest of Drawers & Triple Wardrobe

FOR ONLY £499

IMMEDIATE DELIVERY

Kingsize Solid Oak Bed Frame ONLY £199

Kingsize Louis Philippe Solid Wood Bed Frame ONLY £199 (shown with the famous Craftmatic electric dual massage bed - £599)

NEW HIGH QUALITY BEDROOM & DINING FURNITURE AT A FRACTION OF HIGH STREET PRICES

100's of mattresses in stock now

Large Range of Quality Suites in Stock

bedroom furniture in stock now

FURNITURE WAREHOUSE

BOGNOR BED CENTRE

DIVAN BEDS · BEDSTEADS · MATTRESSES · BEDROOM FURNITURE RANGES · SOFT FURNISHINGS · UPHOLSTERY

01243 863363

Open Mon - Sat 10am - 6pm

Sunday - 11am - 4pm OPEN BANK

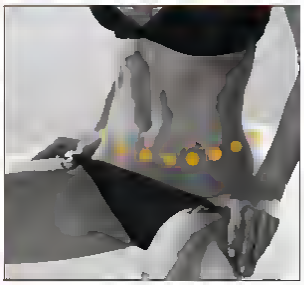
Wednesday - CLOSED HOLIDAY MONDAY

Unit 15 CastleGrove Bus. Pk

Durban Rd, Bognor PO22 8QT

Get your beach body ready for summer with HYPOXI®-Studio Chichester

HYPOXI® is a unique form of fat targeting therapy, providing natural and immediate results for body confidence boosting. The ground-breaking HYPOXI® technology targets problem zones, (hips, stomach, waist, buttocks and thighs), through the simultaneous activity of gentle exercise, vacuum suction & eating a healthy diet. Visible inch reduction and overall improvement of the skin can be noticed after a handful of treatments. This holistic approach to exercise can be done in conjunction with gym visits, if desired, and will help to maintain a sculpted body.



HYPOXI® is suitable for both sexes and is an ideal therapy for people wanting to lose inches from problem zones or improve their physique. This alternative method of body sculpting is beneficial to those wanting to target certain areas; goals will be achieved quicker with HYPOXI® than by conventional gym toning. As HYPOXI® works using concentrated fat deposit targeting and focuses on one area, it shapes your body quicker. Problem areas reach their desired shape in a couple of months, not years, in comparison to gym work.

If you are looking to get into shape or more defined, without all of the long hours of gym work, HYPOXI® could be perfect for you.

Get in touch with HYPOXI® -Studio Chichester for a free trial, after an initial consultation, with no obligation.

HYPOXI® -Studio Chichester is open weekdays 8am - 6pm and Saturdays 8am - 4pm. Tel: 01243 533729.

Debt Counselling Centre celebrates three years in Chichester

A CHURCH-based charity is celebrating three years of rescuing local people from personal debt – a free service that is literally saving lives.

In 2009, as the economic downturn started to bite, members of Chichester Baptist Church, decided they wanted to do more to help people and partnered with UK debt counselling charity Christians Against Poverty (CAP) to open a local branch.

Now the team have helped hundreds of despairing local families and individuals by offering a free, face-to-face and caring service which gives both hope and a solution.

One of those Richard, a 76 year old gentleman says: "Very carelessly I got into debt. All I could see was a brick wall that I couldn't get over or round. I was introduced to CAP. I felt ashamed but CAP reassured me. They made it look so easy and I thank them from the bottom of my heart. When I got into debt my fridge was empty and there was just enough food for my dogs. I promised that I would not let them starve even if I did! I am better off now than I have ever been for years. I am now debt free."

Centre manager Colin Clark said: "All the team and our clients have a lot to celebrate as we reach this three year milestone. We have all seen for ourselves that debt – however bad – doesn't have to be the end of the story.

"The service we offer is available to everyone regardless of age, gender, faith or background so we recommend you give us a call if you have spiralling debts that are getting you down."

Moldovan violinist wins music prize at annual showcase concert

A STUDENT violinist described as having the wisdom of emotion of a professional player twice her age has won a music award.

Elena Davydova took the top prize at the Funtington Music Group's student showcase concert at the University of Chichester. She was one of six students competing for a share of the £1000 prize fund, with Elena winning £500 for her performance of Camille Saint-Saens' Introduction and Rondo Capriccioso that prompted one audience member to comment that it 'looked as if sparks were coming off her viola bow' at one point in the performance.

Elena, from Moldova, is currently studying for a Masters degree at Chichester. She has previously performed with the Moldova National Symphony Orchestra as assistant concertmaster, as well as touring in Europe and South Korea.

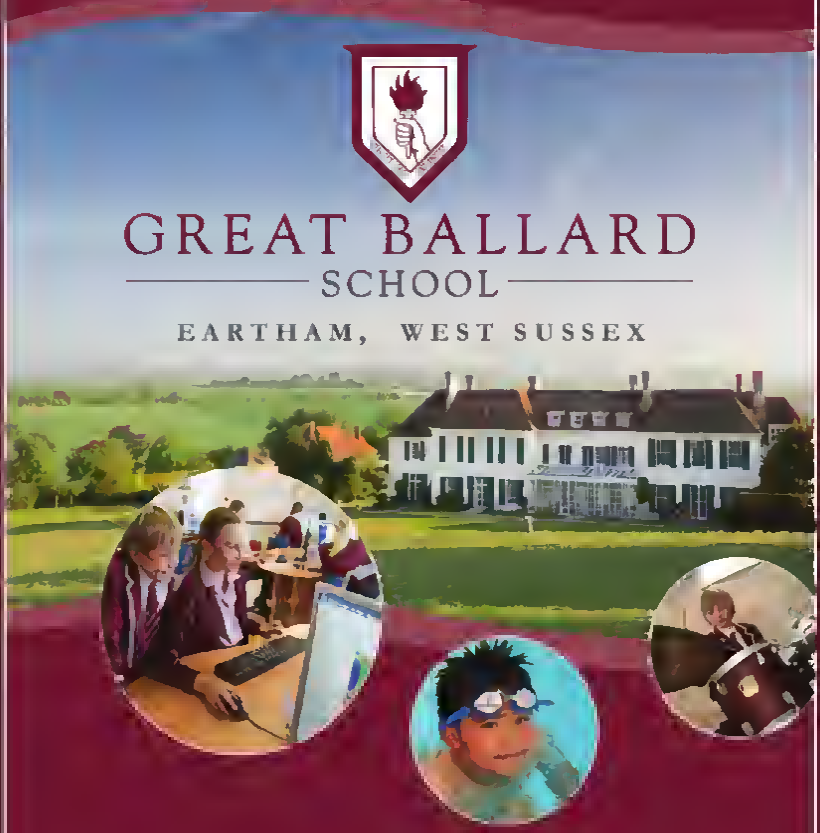
The concert, held in the Chapel of the Ascension at the University's Bishop Otter Campus in Chichester on 18 April, was attended by more than 150 guests, as well as University Vice-Chancellor Professor Clive Behagg.

He said that besides giving support for students, the music group members were giving something worth more than money. They were "giving encouragement and demonstrating faith in the students' work, and giving them inspiration."

The music flowed from all of the performers as listeners were treated to the Amabile quartet, a string ensemble that played a mixture of contemporary, classical, and a tango, arranged by fellow student Adam Hoskins, and which won second prize of £250.

Jason Howard captivated the audience with his expression and nuance and earned himself third place and £100, while the dulcet tones of Katie Alder, the flash playing of Judith Hutchens' clarinet and the representation of a great train race in the flute playing of Suzanne Mather were all rewarded with runner-up prizes of £50 each.

Be Inspired



GREAT BALLARD
SCHOOL
EARTHAM, WEST SUSSEX

Seize the opportunity of your child's lifetime

Co-educational IAPS Day and Boarding 2-13

OPEN DAY

Saturday 12th May 9.30am - 12.30pm

01243 814236

www.greatballard.co.uk

ESTABLISHED 1924

Council awarded for reaching out to young people

A PROJECT that encourages primary school children to become councillors for the day has been nationally recognised, due to its innovative approach to youth participation.

Chichester District Council is one of five organisations chosen by the British Youth Council to receive its prestigious 'innovation award'

Primary school children from across the Chichester District spend the day at the council every three to four months. They create their own political parties, manifestos, rosettes and banners and then take part in mock elections.

They also hold a 'big debate' on council services or local issues ranging from 'should we have dog licences' to 'what activities should the council provide to encourage healthy living'

Before they attend, the schools research their topic, ready to debate the issue in the council's chambers – where they eventually vote for their preferred option. This is chaired by one of Chichester District Council's councillors.

The focus of the day is to understand the work of the council and help them to understand how decision making works and the democratic process. The visits have provided the children with valuable skills including listening to the views of others, asking questions, making challenges, and reaching decisions. Officers from the council also use the opportunity to ask the children for their views on the key issues that matter most to them.

"It's wonderful to work with local school children and help them to understand how local democracy works. They also come up with some fantastic ideas. Over the past year some of the children have presented their manifestos through plays, songs and even a rap!" says Cllr Janet Duncton, Cabinet Member for Housing, Planning and Community Safety at Chichester District Council.

"We are delighted to have been recognised by the British Youth Council in this way. We hope that initiatives such as this will encourage young people to get involved in their local community – and perhaps encourage them to become a councillor one day." The Youth On Board Awards celebrate organisations, projects and individuals that support youth participation in innovative and exciting ways. They mark the fantastic achievements that can happen because young people are supported and involved. There are four award categories and entries are judged by young people on the British Youth Council's board of trustees.

Jo Lusack, Youth Engagement Officer, with pupils at Priory School in Chichester

Rosina St James, 21, Vice Chair of Participation and Development at the British Youth Council, says: "We were incredibly impressed with the standard of entries received for the Youth On Board Awards. All of the winners demonstrate just what can be achieved when young people are supported to get involved in projects and organisations. The judges identified some fantastic examples of new and innovative ways of supporting youth participation – and I hope that by highlighting these through the awards, other organisations will follow in their example."

2012
Charity Fun Ride
£7 TO REGISTER
Supporting St Wilfrid's Hospice & Macmillan Cancer Support
St Wilfrid's Hospice CHICHESTER
WE ARE MACMILLAN. CANCER SUPPORT
Sunday 13 May
9.30am The Cross, Chichester
Register now for a fun 12 mile sponsored cycle ride from Chichester to West Wittering on the Salterns Way Cycle Path
WIN THIS BIKE PLUS OTHER PRIZES
St Wilfrid's Hospice
Grosvenor Road, Chichester,
West Sussex, PO19 8FP
Tel: 01243 755827
Email: fundraising@stwh.co.uk
www.stwh.co.uk

Worthing COACHES

25 Jan 2013 Reunion Tour to **Torquay** 3 days from **£199**

Avoid the Airport this Summer and join us on a great Summer getaway

JUN	24	Beautiful Ireland & the Connamara	7 days From £597
JUL	01	Scotland & a Search for Dolphins	7 days From £535
	08	Swiss Train Journays	8 days From £985
	09	Railways, Rivers & Canals	8 days From £368
	23	Warner Bembridge Isle of Wight	5 days From £417
	25	Heart Of England	5 days From £362
	30	Great Trains of Snowdonia	5 days From £378
AUG	13	Edinburgh Tattoo	4 days From £370
	13	Great Malvarn, Abbey Hotel	5 days From £343
	13	Warner Holme Lacey	5 days From £399
	15	Isle of Man	8 days From £541
	16	Romantic Yorkshire	5 days From £299
SEP	03	Pembrokeshire Coast	5 days From £327
	07	Paris Short Break	3 days From £215
	07	Snowdonia	4 days From £262
	09	Lake District Boats & Railways	6 days From £477
	10	Warner Bembridge Isle of Wight	5 days From £413
	15	Lake Garda	10 days From £799
	24	Shanklin Isle of Wight	5 days From £336
OCT	06	Spain All Inclusive	8 days From £629
	10	Solo Ireland in the Footsteps of the Queen	6 days From £528
	11	Romantic Northumbria	5 days From £360
	21	Blackpool Illuminations	5 days From £362

Now Booking Christmas Markets

NOV	05	Christmas by Candlelight Snowdonia	5 days From £327
	09	Sidmouth Turkey & Tinsel	4 days From £243

Christmas Markets *continued*

NOV	10	In Mamory Lille & Ypres	3 days From £185
	12	Valkenburg Turkey & Tinsel	5 days From £331
	16	History & Mystery	4 days From £337
	20	Thursford Spectacular Mini Break	3 days From £241
	23	Festive Season in York & Haworth	4 days From £218
	23	Thursford Spectacular	4 days From £285
	26	Warner Bembridge	5 days From £361
	30	Thursford Spectacular	4 days From £285
	30	Bath Christmas Market	3 days From £157
	30	Christmas Markets Double	3 days From £173
DEC	02	Christmas Concert at the Royal Albert Hall	3 days From £196
	03	Bruges Christmas Market	4 days From £274
	07	Lincoln Christmas Market	3 days From £158
	14	German Christmas Market	4 days From £276
	19	Thursford Spectacular Mini Break	3 days From £241

Christmas Holidays

DEC	21	Christmas in Austria	5 Days From £699
	23	Christmas in Cheltenham	5 Days From £495
	23	Christmas Between the Yorkshire Moors & Durham Dales	5 Days From £467
	23	Christmas in Bournemouth	5 Days From £525
	23	Christmas in the Cotswolds	5 Days From £479
	23	A Return to Christmas at Limplay Stoka	5 Days From £461
	28	Twixmas Break in the Cotswolds	3 Days From £171
	30	New Yaar in Bournemouth	4 Days From £339

Call or book online now **0845 389 0633** **www.worthing-coaches.co.uk**

NEW Winter-Spring Brochure OUT NOW

Leading the way in coach travel

Chichester Business

FOLLOW US ON TWITTER
@chiherald

A look behind the figures

LAST MONTH the BBC reported that research by Experian identifies that the number of businesses in Chichester District has fallen from 9,500 in 2010 to 8,504 in 2012. This has been calculated as a year-on year decline of 5%, one of the worst rates in the country.

Chichester District Council has provided the BBC with comments in response to its questions about this article. The comments are based on official statistical information available (Office for National Statistics) and anecdotal evidence from speaking to businesses.

Despite the reported facts and figures, what is important is the number of jobs created by new businesses starting that replaces those lost.

The key facts, which have been supplied by the council

How many jobs were created in the last year in Chichester District?

We do not have a precise figure for new jobs created but we do know for example, based on working with the District's businesses that over the last year:

Rolls Royce created around 400 jobs.

Nature's Way created around 150 fulltime jobs and a number of part time jobs. Marks & Spencer created 85 jobs.

And we have new businesses opening up, for example John Lewis At Home opened in April which created over 150 retail jobs in the District.

Whilst a number of retailers have stopped trading over the last two years and have vacated premises, we have found in many cases that other retailers are quick to set up business in those premises.

The Council has also undertaken recent research to check how businesses in the District have been performing over the last three years and whether they are planning to grow. The findings indicate that with the exception of retail, other key sectors have expanded over that time and are poised to grow further as economic conditions improve.

These sectors include

Manufacturing; Horticulture; Creative Design; Financial & Professional; Maritime; Landed Estates; and Tourism.

How many jobs were lost in the District?

The statistics we have are based on the number of people in employment for Chichester District. The number of people in employment fell by 2,200 from January 2010 to June 2011 from 52,800 to 50,600.

How many businesses started up in the District?

565 new businesses started during the period October 2009 – October 2010. That number formed 6% of businesses in our District, compared to the rate for the South East of 10.0% and 10.4% for England.

Businesses closing?

The same source tells us that 725 businesses ceased trading in the same period. That number formed 11.6% of businesses in our District, fewer than both the 12.2% rate for the South East and the 13.1% rate for England.

(Source: ONS data in May 2011)

Self-employment?

The Annual Population Survey at March 2012 tells us that, from January 2010 to June 2011 the number of people self-employed rose from 10,600 to 11,700 – an increase of 1,100.

Percentage of businesses surviving?

We measure business survival rates over a three-year period as follows:

- Increase survival rates of businesses at Year 1, 93.4% for 2009/10 (this is the latest data we have available). This is above national average of 90.6%, and
- Increase survival rates of businesses at Year 3; 66.2% for the period 2007-10 (this is the latest data we have available). The national average is 63%.

Unemployment rates as at February 2012 are as follows:

Chichester – 2.3%
West Sussex – 2.5%
South East – 2.8%
United Kingdom – 4.2%

Article with thanks to Chichester Chamber of Commerce and Industry.

La Bordello Boheme is the brain child of Veronica Blacklace and Billie Rae two well established names on the burlesque and cabaret scene in the UK and Internationally

Based in the Bohemian capital Brighton this duo have been putting on regular monthly sell out shows far and wide and with their sell out show in New York they have a world wide acclaim

With their combined talents and with the invaluable aid of other world famous guest performers Bordello are able to create a show filled with circus magic cabaret sass and glamorous burlesque as well as strange mind boggling and erotic variety entertainment

A show not to be missed!!

www.labordelloboheme.co.uk

LA BORDELLO BOHEME
BURLESQUE, CIRCUS AND CABARET ENTERTAINMENT
WWW.LABORDELLOBOHEME.COM

LA BORDELLO BOHEME
PRESENT
VARIETY ENTERTAINMENT
LIVE MUSIC
TABOO
IN THE BIG TOP
EXOTIC BURLESQUE
MAY 8TH
CIRCUS CABARET
£15
DOORS AT 7.30PM
JOIN US FOR A NIGHT OF WORLD RENOWNED BURLESQUE, VARIETY AND CIRCUS CABARET
THE SABAI PAVILLIONS TENT, VICTORIA GARDENS, BRIGHTON, BN1 1UB
BOOK NOW -
WWW.LABORDELLOBOHEME.COM
WWW.LABORDELLOFRANCE.CO.UK
THE DOME BOX OFFICE 01273 709 709
LBOB TICKET LINE -0871 205 888
WWW.WHATSONTICKETS.COM

Giving the next generation of entrepreneurs a helping hand

DO YOU fancy setting up your own business?

Starting in May, Chichester District Council is helping up to 12 young people aged 18-30 in the district find out if they could start up their own businesses

The council has awarded a grant of £6,161 to the Prince's Trust to provide an Enterprise programme

The free programme will work with the young people who have a business idea to make sure that they understand the local market and whether it is a plan that is likely to succeed in Chichester. The first session will be held on Wednesday 23 May at the council's offices at East Pallant House

The Enterprise programme is for young people who are unemployed and may also be disadvantaged

It includes an information session and four-day Explore Enterprise training course. After this course each young person can attend some surgeries to explore their ideas further and to decide if self-employment is for them. If it is they are matched with a business mentor who may work with them for up to two years

The Trust also provides some low interest loans of up to £5,000 and grants of up to £1,500 to support the start of a new business

Those who decide self-employment is not for them are offered mentoring for up to six months for support with progression into education, employment or training.

The Prince's Trust is a registered charity that works with disadvantaged young people, aged 13 to 30. It helps them to develop the skills and motivation to re-engage with society, secure employment, return to education, gain qualifications and ultimately, become economically active

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Economy, Property and Tourism, says: "One of our key priorities is supporting the local economy and helping businesses to develop employment opportunities. One way we can do this is supporting the growth of new viable businesses. In the Chichester District we are lucky that have below average levels of unemployment overall, however the trend of increasing youth unemployment in deprived areas is an issue."

Places on the programme are limited. To book a place or for more information please contact the Prince's Trust on 0800 842842.

Popular salon re-launches

OVER 50 guests turned out to celebrate the re-launch of a Chichester hair salon

Owner Lucie Wilson pulled out all the stops for a glamorous and creative evening, when she re-launched her new salon Benjamin James Hair Vision (formerly Rae Palmer)

Her guests were treated to demonstrations by Laura from HD Brow and beautiful jewellery by Stella & Dot. A representative from both Schwarzkopf and the salons new exclusive range Alterna were also on hand during the evening to give out free expert advice on everyone's hair care needs.

The salon, based in The Hornet, Chichester, has been named in memory of Lucie's brother who was a long serving Royal Marine who sadly lost his life in Iraq back in 2006

She was joined at the salon by over 50 guests to help her celebrate with bubbly and canapés being served through out the evening. Also in attendance was Kelly Slark (vice-chairman of Sussex British Legion) who was on hand to pull the winning tickets for the charity raffle organised by Lucie which raised £350.07

Benjamin James Hair Vision offer great new client discount for first visits and carry this along through out the year with on going regular guest promotions

The team make every part of feeling gorgeous affordable for everyone.

PANTHER TRUCK RENTAL

MOVING HOUSE?

Not only can we supply any size of vehicle to do the job, we are now also supplying removal boxes and removal box kits.

Fantastic Value

WARDROBE BOXES

DOUBLE WALL

BUBBLE WRAP

PACKING TAPE

SINGLE WALL

REMOVAL KIT INTRODUCTORY OFFER

40 BOXES

10 SINGLE WALL LARGE 22 X 14 X 14 inches. (558 X 356 x 356 mm)
10 DOUBLE WALL HEAVY DUTY 18 X 12 X 12 inches (457 X 305 X 305 mm)
20 SINGLE WALL 12 X 9 X 9 BOXES inches. (305 X 229 X 229 mm)

JUST £49.95

PLUS 10 METRES BUBBLE WRAP, 100 SHEETS LARGE TISSUE PAPER
5 X REFUSE SACKS, 2 ROLLS PACKING TAPE, 1 X MARKER PEN.

£63.29 PURCHASED INDIVIDUALLY!

BUY SINGLE BOXES FROM 75p TO £2.99. BUY 10 SINGLE BOXES AND GET 10% OFF

SUPPLIED FLAT PACKED AND DELIVERED FREE TO LOCAL AREA. WITHIN 8 MILES OF CHICHESTER

E MAIL US : enquiries@panthertruckrental.co.uk BUY ONLINE AT : www.panthertruckrental.co.uk

CALL IN : See the full range and collect what you need at our office on Gravel Lane, Quarry Lane Industrial Estate, Chichester. PO19 8PQ

OR JUST PHONE US ON CHICHESTER 01243 778109

Entertainment

FOLLOW US ON TWITTER @chiherald

cinema

Avengers Assemble (12A)

FIVE out of Five stars

Running time 142 mins
Director Joss Whedon
Starring: Chris Hemsworth, Robert Downey Jr , Scarlett Johansson, Tom Hiddleston, Chris Evans,Samuel L. Jackson,Jeremy Renner, Gwyneth Paltrow, Mark Ruffalo

With Avengers Assemble, writer-director Joss Whedon delivers what is pretty much the perfect superhero movie, combining a brilliant script, pacey direction, thrilling action sequences and pitch-perfect performances from a terrific cast

What's it all about?
Written and directed by Joss Whedon, Avengers Assemble is the culmination of Marvel Studios' long-held desire to bring their super group comic to the screen, a project that was first set in motion when Iron Man became a smash hit. The film opens with tricksy Norse God Loki (Tom Hiddleston) stealing powerful energy source the Tesseract from Nick Fury's (Samuel L Jackson) SHIELD organisation, after which he plans to open a portal to space so that an alien army can invade the Earth.

However, as we've seen over the post credits stings of previous movies, Fury has been preparing for just such an occasion, so he summons Steve Rogers/Captain America (Chris Evans), Thor (Chris Hemsworth), Tony Stark/Iron Man (Robert Downey Jr) and nervy scientist Bruce Banner/the Hulk (Mark Ruffalo), along with slinky ex Russian spy Natasha Romanoff/Black Widow (Scarlett Johansson) and crack archer Clint Barton/Hawkeye (Jeremy Renner). Together they must work as a team to defeat Loki and his alien army, but there's the small matter of fighting amongst each other to resolve first.

The Good

The performances are terrific, particularly Ruffalo as the haunted-but-coping Banner and Hiddleston, who brings intriguing layers to Loki and makes him much more than the typical one-dimensional villain (note how often he smiles, even when things aren't going his way). One of Whedon's key strengths is the expert juggling of multiple characters and he doesn't disappoint here, ensuring that everyone gets their chance to shine and finds time to bring depth to previous supporting roles such as Johansson's Black Widow (transformed here into a fully-fledged kick-ass heroine) and Clark Gregg's Agent Coulson.

Whedon is a fully paid up Marvel geek (he has written numerous comics) and he duly delivers a fabulous script that's packed with witty lines (the film is often laugh-out-loud funny), knows to keep the plot as simple as possible and is never far away from a jaw-dropping action sequence or a punch-up. He also throws in several nerd-pleasing nods to the comics and, crucially, ensures that the story remains rooted in the characters, while still managing to inject moments that can only be described as Whedon-esque

The Great
In addition, Whedon maintains a cracking pace throughout, orchestrating multiple action sequences that are genuinely exciting to watch, including a spectacular alien-bashing third act that is full of non-stop superhero based thrills. Similarly, the CGI work is impeccable, though the 3D is largely not worth the attendant loss of light and colour – see the 2D version instead

Worth seeing?
Whether you're a die-hard Marvel fan or a relative newcomer, Avengers Assemble is quite simply the most enjoyable 142 minutes you'll have in the cinema all year. Highly recommended

IF YOU LIKE CINEMA
LIKE WE LIKE CINEMA
cineworld
Then you should be an Unlimited cardholder, enjoying as many films as you like, from just
£14.99* a month
Apply online or ask a member of staff for details
Unlimited
cineworld.com

AVENGERS ASSEMBLE COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. CHRIS EVANS HAS PLAYED ANOTHER SUPERHERO IN WHICH FILM?

A) SUPERMAN 3

B) BATMAN BEGINS

C) THE FANTASTIC FOUR

Send your answer and your name, address and a contact phone number to ***info@chichesterherald.co.uk***. One lucky winner will be selected at random on Tuesday 8th May at midday. The winner will be notified later on that day

• Last weeks winner is Sally Cunningham from Emsworth

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

There's no story like 'The Zoo Story'

ICE Breaking Productions, a newly formed theatre company based in Chichester, West Sussex, are performing a one night only performance of 'The Zoo Story' by Edward Albee, on Thursday 24th May 2012 at 7.30pm at the Spring Arts and Heritage Centre in Havant, Hampshire

'The Zoo Story' tells the story of Peter and Jerry. Peter is sitting on a bench in Central Park. He has a wife, two daughters and two parakeets, and once in a while he just has to sit solitary in Central Park with his book and his thoughts. Along comes Jerry. Jerry has been to the Zoo and the last thing he wants is to be solitary so he makes a determined effort to draw Peter into conversation. He succeeds. He draws from unwilling Peter, information about his wife, his two daughters and the two parakeets. In return Jerry supplies Peter with a curious medley of information about his wandering around New York and his background. However, what will be the outcome of such a precarious meeting...?

Ice Breaking Productions was founded by Director Daniel Humphreys and Writer/Actor Josh Harcourt-Kelly. Having both studied and worked in the performing arts business they are excited to take what they have learnt and apply it to their own works of theatre.

"Although Ice Breaking Productions is a newly formed company, we pride ourselves on delivering exciting and inspiring works of theatre to a high standard," said Daniel Humphreys.

Josh Harcourt-Kelly says: "We are ready to put our own twists on the theatre experience."

I.B.P is keen to deliver a wide range of theatre which will be enjoyable and accessible to all audiences.

'The Zoo Story' will be I.B.P's first theatre production which offers a thrilling ride of humour and suspense.

Tickets can be purchased online at www.thespring.co.uk or, by calling the box office on 023 9247 2700.

Vitality Club will get you moving

LOCAL Specialist in 'Exercise for Over 60's' Teacher Hannah Carver is offering two Gentle movement to music and socializing sessions at Scout Hut, Sherborne Road Chichester and Bosgrove Village Hall with the aid of a West Sussex CC Wellbeing Grant.

The sessions include a gentle warm-up and stretches, then some more energetic hand, arm, shoulder, legs and foot exercises – all done to well- known and popular music and songs. "We don't use that rather monotonous lift-style music you sometimes find," says Hannah.

"We use proper songs everyone recognises and clients often sing along while they're following the movements."

One of my clients says, "It's not quite dancing but it often gets close to it!"

If you like music, perhaps miss dancing, and feel you would like to get your joints moving then come along. You will receive a warm welcome and are guaranteed to enjoy yourself.

Vitality Club meets Tuesday Mornings 11am-12.30pm Scout Hut, Sherborne Road Chichester (Tesco end, plenty of free parking) ; and Thursday mornings 11am – 12.30pm Bosgrove Village Hall, Main Road, Bosgrove.

Contact details Hannah 07792 421621 / email k.hannah.groups@gmail.com / website: www.extand.org.uk

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 4 May: 13.00 Salmon Fishing in the Yemen; 15.30 Babycall (15) 96m, 17.30 Mozart's Sister (12A) 120m, 20.00 Once Upon a Time in Anatolia (15) 187m.

Sat 5 May: 13.00 Once Upon a Time in Anatolia, 10.15 A Cat in Paris (PG) 70m; 18.00 Salmon Fishing in the Yemen, 20.30 Mozart's Sister.

Sun 6 May: 13.00 Mozart's Sister, 15.30 A Cat in Paris, 17.15 Once Upon a Time in Anatolia, 20.30 Salmon Fishing in the Yemen.

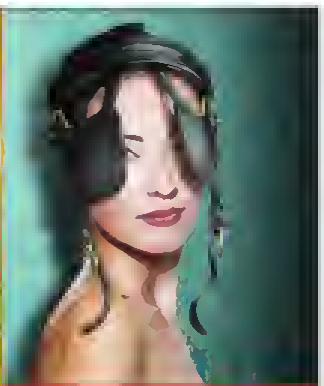
Mon 7 May: 12.30 A Cat in Paris; 14.00 Mozart's Sister; 16.30 Once Upon a Time in Anatolia.

Tue 8 May: 14.00 This is Not a Film (PG) 78m, 16.00 Mozart's Sister, 18.30 Salmon Fishing in the Yemen, 21.00 Babycall.

Wed 9 May: 13.00 Salmon Fishing in the Yemen, 15.15 This is Not a Film, 16.45 Mozart's Sister.

Thu 10 May: 14.00 Babycall, 16.15 This is Not a Film, 18.15 Mozart's Sister, 20.45 Salmon Fishing in the Yemen.

18 JUNE - 1 SEPTEMBER
ALEX BOURNE HANNAH WADDINGHAM
DAVID BURT ADAM GARCIA CLIVE ROWE
KISS ME, KATE
Music & Lyrics by COLE PORTER
Book by SAM and BELLA SPEWACK

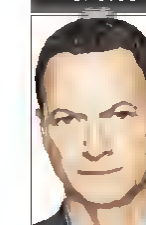


FESTIVAL THEATRE THE 50TH ANNIVERSARY SEASON
01243 781312 CFT.ORG.UK
50 CHICHESTER FESTIVAL THEATRE

Saturday TV

HALF PRICE
High Quality Riser Recliners
Call us now for a free home trial or our full colour brochure
0800 023 6588
SUPPORT BRITISH INDUSTRY
Selected lines only
Westminster Recliners

Choice



CSI: NY
Channel 5 10.20pm

In a week when games can win serious money for hitting buttons fast enough, it seems some of them will do anything to stay alert. That's the basis for the week's gritty slant at Big Apple action involving a few Austin Powers-style game-related gags. It looks like the game has a ceiling under it in sudden death quips Mac, with all the sensitivity of a man getting drunk to a funeral. CSI analysis reveals the drug reveals some nirvana so when the nine-buttons discover he wins a referee in a high-stakes video-gaming tournament they suspect he was killed for confiscating the illegal substance. Crime drama starring Gary Sinise and Sela Ward.

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 Raymond Blanc's Kitchen Secrets. (R) 12.00 BBC News. Regional News. Weather. 12.15 Football Focus. Including a preview of the FA Cup final. 1.00 Live Snooker. The World Championships. The concluding session of the first quarter-final. 5.30 BBC News. Regional News. Weather. 5.50 Pointless Celebrities.

8.00 **My Family.** Susan is accused of sexual harassment at work. (R)
7.10 **The Voice UK.** The five with Tess Jand Danny O'Donoghue's teams sing live for the first time and viewers help decide who stays in the competition as they vote for their favourites. The results can be won tomorrow at 7.15pm.
8.00 **The National Lottery: In It to Win It.** Dale Winton hosts the quiz show in which five contestants answer questions on songs they once.
Includes the Letts and Thunderbirds' draws.
9.30 **Casualty.** The police investigate the death of a nine-year-old boy. Guest with Georgia Hepplewhite.
10.20 **BBC News. Weather.**
10.50 **Have I Got a Bit Weak News for You.** With guest host Jeremy Clarkson. (R)
11.05 **Live to the Apollo.** (R) National Lottery Update.
11.50 **The Football League Show.** Highlights of today's League One and League Two matches.
12.55 Weathernews. 1.00 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.00 Film. The Cardinal. (1963) An ecclesiastical romance-cum-ethnic dilemma and naked bigotry as he rises through the ranks of the Catholic Church. Otto Preminger's drama, with Tom Tryon and Cecil Kellaway. 2.00 Film. Land of the Pharaohs. (1955) Historical drama, starring Jack Hawkins. 4.00 Inside Sport. 4.50 Flog It. 5.35 The Good Life. (R)

6.00 **Dad's Army.** Captain Mainwaring discover a stunning new way of foiling Hitler's invasion plans. But it results in Pike getting trapped in the middle of a minefield. (R)
7.00 **Live Snooker. The World Championship.** Hazel Irvine and Phil Pendall present the second evening of the fourth and concluding session of the cashed semi-final at the Crucible Theatre in Sheffield.
8.30 **I Love 1977.** Star Wars actress Carrie Fisher looks back at the year the film took the week by storm, along with Saturday Night Fever, Spike Milligan and skateboards. (R)
10.30 **FILM. Papillon.** (1973) A French convict, incarcerated for life on Devil's Island for a crime he did not commit makes a desperate bid for freedom. Fact-based drama, starring Steve McQueen.
12.55 Film. Rollercoaster. (1973) An alienated man goes on the run across Midwestern America with his teenage lover, citing anyone in their way. Terrence Malick's entire drama with Martin Sheen and Sissy Spacek. 2.25 Close.

ITV1

6.00 GMTV. Midnight. 7.25 GTV. 9.25 Saturday Cookbook. 9.30 ITV News. Weather. 9.35 Aston Britain. (R) 10.30 Way the Best House Win. (R) 11.30 Lung Cancer. (R) 12.30 ITV News. Weather. 12.35 Britain's Got Talent. (R) 2.10 Film. Columbo: Forgotten Lady. (1975) Crime drama. 3.50 Home Fair. 4.10 The Hungry Sellers. (R) 5.10 Youve Been Framed! (R) 5.45 Regional News Weather.

6.00 **ITV News. Weather.**
6.15 **All Star Family Fortunes.** TV chef Rosemary Shrager and her family compete against Lembit Öpik's Savage and his relatives to win up to £20,000 for charity. Vernon Kay roast the game show.
7.15 **Who Wants to Be a Millionaire? Britain's Got Talent Special.** Paul Ross and Tweet and Pudsey try to win more for charity.
8.00 **Britain's Got Talent.** Ant and Dec host the first of the live quarter-finals as nine with contests to a place in Saturday's final. Including the performances by Tulisa, with her debut with single Young.
10.00 **ITV Head at 6am: Weather.**
10.15 **William and Kate: The First Year.** The Duke and Duchess of Cambridge's first 12 months of marriage. (R)
11.15 **Premiership Rugby Union.** Action from the final round of fixtures in the regular season.
12.10 The Stars. (R) ITV News. Headlines. 2.15 Pixel Monkey. (R) 2.25 Millionaire UK. 3.05 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

6.15 The Robots. (R) 6.40 The Pixels. 7.05 Fireworks on 4. (R) 7.30 Channel 4 Presents. 2012: David Cameron. (R) 7.35 Freespeech. 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Big Bang Theory. 10.30 The Big Bang Theory. 12.30 The Big Bang Theory. 12.55 The Simpsons. (R) 1.20 The Simpsons. (R) 2.00 Channel 4 Racing. 4.00 The Simpsons. (R) 4.30 Film. Big. (1988) Comedy, starring Tom Hanks.

6.30 **Channel 4 News.**
7.00 **News. Live: Wild in the City.** More footage of Britain's urban fauna filmed with wildlife from fox dens around the country and reports on injured animals that have been rescued to the wild following medical treatment.
7.05 **FILM: Men in Black.** (1997) A cop joins a secret force policing aliens on Earth, and teams up with a veteran partner to track down a giant insect. Set in Manhattan. Will Smith.
8.00 **Homeland.** Brody makes his final presentation to the his security — and despite being sacked by the CIA, Carrie cannot help but keep working. She realises what's going on. Last in the series.
10.1a **FILM: The X Files.** (1998) Sci-fi thriller starring David Duchovny.

1.05 Film: Band Boys Haircut. (2011) Premiere. Bollywood musical with Hemant Singh and Anushka Sharma. 3.35 Hollyoaks. (R) 5.30 Countdown. (R)

Channel 5

6.00 Milkshake! 10.00 Cheese Footin Minutes. (R) 10.05 Animal Rescue Squad. (R) 10.30 Meerkat Manor. (R) 10.55 Cowboy Builders. (R) 11.55 Pullbarn's Extreme Fishing Challenge. (R) 12.55 Film. The Naked Spur. (1953) Western starring James Stewart. 2.40 Film. Ten Wanted Men. (1955) Western starring Randolph Scott. 4.15 The Mystery of Nessie Weeds

7.30 **6 News Weekend.**
7.50 **NCIS.** Duxley is shocked to realise a cadaver he is using for medical research is the body of a murder victim. Elects to identify the corpse lead to a criminal mastermind. (R)
8.25 **NCIS.** An ex-serviceman is a fiend to death in his own back garden and the agents are forced to consider the possibility his wife — a Marine and martial and expert — is the killer. (R)
9.05 **CSI: Crime Scene Investigation.** Grissom and Warrick try to serve ten what happened to a woman whose mummified body has been found in a closet, and Catherine investigates the discovery of a gun on a suburban bus. (R)
10.20 **CSI: NY** The release of a video-game tournament is murdered.
11.15 **Law & Order: Special Victims Unit.**

12.10 SuperCasino. 8.00 Gala Artists. (R) 8.00 Country Secrets. (R) 5.00 Home's Helpline. (R) 5.10 The Midchiller Show. (R) 5.35 Thomas & Friends. (R) 5.45 Home's Helpline. (R)

Digital

ITV2
3.25 The British Soap Awards 2012. 5.40 Youve Been Framed! 5.50 Film. The Incredible Hulk. (2008) 8.45 The World's Best Cat. 6.00 Gamekeepers. 10.10 Britain's Got More Talent. 11.10 Celebrity Juice. Pop Special.

ITV3
3.50 Agatha Christie's Poirot. 5.05 Agatha Christie's Marple. 6.00 Doc Martin. 8.00 Foyle's War. 11.00 Film. Candyshack. (1982)

ITV4
12.00 Live Indian Premier League Cricket. Kolkata Knight Riders v Pune Warriors and Kings XI Punjab v Rajasthan Royals. 6.00 British Touring Car Championship Highlights. 8.30 Film. Tango & Cash. (1989) 11.00 Film. Natural Lampoons' Animal House. (1978)

BBC THREE
7.00 Dorito Who. 8.00 Top Gear. Vietnam Special. 9.15 Russell Howard's Good News. Extra. 10.00 Film. Sin City. (2005)

BBC FOUR
7.00 South Pacific. 8.00 Abbey Road. 8.00 The Bridge. 11.00 Pinterest. The Interviews. Pink Floyd. 11.40 Top of the Pops. 1977

E4
3.00 Made in Chelsea. 4.15 Charlie's Angels. 5.05 The Big Bang Theory. 7.30 How I Met Your Mother. 8.30 Rules of Engagement. 9.00 Happy Endings. 9.30 Film. There's Something About Mary. (1998) A lovesick man hires a seedy detective to track down his childhood sweetheart — but he turns he has many rivals for his affections. Comedy, starring Cameron Diaz. 11.55 The Big Bang Theory.

FILM4
3.05 Valiant. (2005) 4.35 Carry On Spying. (1964) 6.00 The Ghost Writer. (2007) 8.00 The Ghost. (2010) A writer employed to pen the memoirs of a former British prime minister, but finds his life in mortal peril. Political thriller, starring Ewan McGregor and Pierce Brosnan. 10.50 Dog Soldiers. (2008)

Sunday TV

HALF PRICE
High Quality Riser Recliners
Call us now for a free home trial or our full colour brochure
0800 023 6588
SUPPORT BRITISH INDUSTRY
Selected lines only
Westminster Recliners

Choice

PLANET EARTH LIVE
BBC1 7.50pm

Normally when you hear phrases like 'the most ambitious live wildlife series ever' cheerleaders being banished retreat by the BBC, you expect the series David Attenborough to crop up or wail for. It may come as a surprise to find this Planet Earth Live is actually being helmed by Richard Hammond and Julia Bradbury — with a little help from some of the expert cameramen and women from the BBC Natural History Unit. Together they'll be spending May tracking the progress of young animals across the world. In the opener Richard is in Kenya tracking a pride of lions that are in the middle of a takeover.

BBC1

6.00 Weekend. 8.00 The Andrew Marr Show. 10.00 The Big Questions. 11.00 Country Tracks. (R) Weather for the Week Ahead. 12.00 Sunday Politics. 1.00 Cash in the Attic. (R) 1.40 Bargain Hunt. (R) 2.30 Heroes Under the Hammer. (R) 3.30 Final Score. 4.10 Escape to the Country. (R) 5.00 Pointless. 5.45 The Sunday Politics. 6.50 BBC News. Regional News Weather.

6.10 **Countryfile.** Ellie Harrison explores the Peak District National Park and Adam Henson visits Farnsham Hall charity farm in Derbyshire. Tom Heap investigates a significant decline in bee numbers and Matt Baker goes to Jersey.
7.15 **The Voice UK Results.**
7.50 **Planet Earth Live.** New series Richard Hammond and Julia Bradbury host the three-week event following the real-time stories of young animals around the globe, including lions and elephants in Kenya.
9.00 **Silent Witness.** Part one of two. Harry travels to Budapest. (R)
10.00 **BBC News. Regional News. Weather.**
10.25 **Match of the Day.** Action from today's Premier League fixtures.
11.35 **The Spy in Night.** The second celebration of the programme's 55th anniversary.

12.15 Weathernews. 12.20 Sign Zone Empire. (R) 1.20 Holby City. (R) 2.20 Antiques Road Trip. (R) 3.05 Great British Railway Journeys. (R) 3.35 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 10.00 Saturday Kitchen Best Bites. 11.30 Great British Menu. (R) 12.30 Fig (R) 12.30 Live Snooker. The Partypoker Grand Prix. Matt Roberts presents coverage of the third meeting of the season, staged at the Barbican Centre in York. 2.30 Snooker. The World Championship. Hazel Irvine and Rex Pendall present the opening session of the final at the Crucible Theatre in Sheffield, including the first eight frames of the match. Subsequent programmes subject to change.

8.10 **Barry Hevs. The People's Promoter.** David Jason amalgamates an eight-piece Be ol Barry Hearn with worked his way from humble beginnings to manage some of the biggest sporting stars of the past four decades.
9.00 **Live Snooker. The World Championship.** Hazel Irvine a is Pauli Pendall present it the action from the second session to the final to Sheffield's Crucible Theatre, where a further nine frames are scheduled to take place.
11.00 **FILM: Munich.** (2005) A01 the killing of 11 Israeli coaches and athletes at the 1972 Olympic Games in Munich, leads a prime minister Golda Meir sanctioning a team of assassins to slay the Palestinian terrorists responsible. Steven Spielberg's thriller, with Eric Bana, Daniel Craig, Ciaran Hinds and Geoffrey Rush.

1.35 BBC News. 3.35 Close.

ITV1

6.00 GTV. Midnight. 7.25 GTV. 8.25 Emmerdale. 8.30 ITV News. 9.30 Aston Britain. (R) 10.30 Way the Best House Win. (R) 11.30 Lung Cancer. (R) 12.30 ITV News. Weather. 12.35 Britain's Got Talent. (R) 2.10 Film. Columbo: Forgotten Lady. (1975) Crime drama. 3.50 Home Fair. 4.10 The Hungry Sellers. (R) 5.10 Youve Been Framed! (R) 5.45 Regional News Weather.

6.00 **ITV News. Weather.**
6.15 **All Star Family Fortunes.** TV chef Rosemary Shrager and her family compete against Lembit Öpik's Savage and his relatives to win up to £20,000 for charity. Vernon Kay roast the game show.
7.15 **Who Wants to Be a Millionaire? Britain's Got Talent Special.** Paul Ross and Tweet and Pudsey try to win more for charity.
8.00 **Britain's Got Talent.** Ant and Dec host the first of the live quarter-finals as nine with contests to a place in Saturday's final. Including the performances by Tulisa, with her debut with single Young.
10.00 **ITV Head at 6am: Weather.**
10.15 **William and Kate: The First Year.** The Duke and Duchess of Cambridge's first 12 months of marriage. (R)
11.15 **Premiership Rugby Union.** Action from the final round of fixtures in the regular season.

12.10 The Stars. (R) ITV News. Headlines. 2.15 Pixel Monkey. (R) 2.25 Millionaire UK. 3.05 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

6.15 The Robots. (R) 6.40 The Pixels. 7.05 Fireworks on 4. (R) 7.30 Channel 4 Presents. 2012: David Cameron. (R) 7.35 Freespeech. 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Big Bang Theory. 10.30 The Big Bang Theory. 12.30 The Big Bang Theory. 12.55 The Simpsons. (R) 1.20 The Simpsons. (R) 2.00 Channel 4 Racing. 4.00 The Simpsons. (R) 4.30 Film. Big. (1988) Comedy, starring Tom Hanks.

6.30 **Channel 4 News.**
7.00 **News. Live: Wild in the City.** More footage of Britain's urban fauna filmed with wildlife from fox dens around the country and reports on injured animals that have been rescued to the wild following medical treatment.
7.05 **FILM: Men in Black.** (1997) A cop joins a secret force policing aliens on Earth, and teams up with a veteran partner to track down a giant insect. Set in Manhattan. Will Smith.
8.00 **Homeland.** Brody makes his final presentation to the his security — and despite being sacked by the CIA, Carrie cannot help but keep working. She realises what's going on. Last in the series.
10.1a **FILM: The X Files.** (1998) Sci-fi thriller starring David Duchovny.

1.05 Film: Band Boys Haircut. (2011) Premiere. Bollywood musical with Hemant Singh and Anushka Sharma. 3.35 Hollyoaks. (R) 5.30 Countdown. (R)

Channel 5

6.00 Milkshake! 10.00 Cheese Footin Minutes. (R) 10.05 Animal Rescue Squad. (R) 10.30 Meerkat Manor. (R) 10.55 Cowboy Builders. (R) 11.55 Pullbarn's Extreme Fishing Challenge. (R) 12.55 Film. The Naked Spur. (1953) Western starring James Stewart. 2.40 Film. Ten Wanted Men. (1955) Western starring Randolph Scott. 4.15 The Mystery of Nessie Weeds

7.30 **6 News Weekend.**
7.50 **NCIS.** Duxley is shocked to realise a cadaver he is using for medical research is the body of a murder victim. Elects to identify the corpse lead to a criminal mastermind. (R)
8.25 **NCIS.** An ex-serviceman is a fiend to death in his own back garden and the agents are forced to consider the possibility his wife — a Marine and martial and expert — is the killer. (R)
9.05 **CSI: Crime Scene Investigation.** Grissom and Warrick try to serve ten what happened to a woman whose mummified body has been found in a closet, and Catherine investigates the discovery of a gun on a suburban bus. (R)
10.20 **CSI: NY** The release of a video-game tournament is murdered.
11.15 **Law & Order: Special Victims Unit.**

12.10 SuperCasino. 8.00 Gala Artists. (R) 8.00 Country Secrets. (R) 5.00 Home's Helpline. (R) 5.10 The Midchiller Show. (R) 5.35 Thomas & Friends. (R) 5.45 Home's Helpline. (R)

Digital

ITV2
3.25 The British Soap Awards 2012. 5.40 Youve Been Framed! 5.50 Film. The Incredible Hulk. (2008) 8.45 The World's Best Cat. 6.00 Gamekeepers. 10.10 Britain's Got More Talent. 11.10 Celebrity Juice. Pop Special.

ITV3
3.50 Agatha Christie's Poirot. 5.05 Agatha Christie's Marple. 6.00 Doc Martin. 8.00 Foyle's War. 11.00 Film. Candyshack. (1982)

ITV4
12.00 Live Indian Premier League Cricket. Kolkata Knight Riders v Pune Warriors and Kings XI Punjab v Rajasthan Royals. 6.00 British Touring Car Championship Highlights. 8.30 Film. Tango & Cash. (1989) 11.00 Film. National Lampoons' Animal House. (1978)

BBC THREE
7.00 Dorito Who. 8.00 Top Gear. Vietnam Special. 9.15 Russell Howard's Good News. Extra. 10.00 Film. Sin City. (2005)

BBC FOUR
7.00 South Pacific. 8.00 Abbey Road. 8.00 The Bridge. 11.00 Pinterest. The Interviews. Pink Floyd. 11.40 Top of the Pops. 1977

E4
3.00 Made in Chelsea. 4.15 Charlie's Angels. 5.05 The Big Bang Theory. 7.30 How I Met Your Mother. 8.30 Rules of Engagement. 9.00 Happy Endings. 9.30 Film. There's Something About Mary. (1998) A lovesick man hires a seedy detective to track down his childhood sweetheart — but he turns he has many rivals for his affections. Comedy, starring Cameron Diaz. 11.55 The Big Bang Theory.

FILM4
3.05 Valiant. (2005) 4.35 Carry On Spying. (1964) 6.00 The Ghost Writer. (2007) 8.00 The Ghost. (2010) A writer employed to pen the memoirs of a former British prime minister, but finds his life in mortal peril. Political thriller, starring Ewan McGregor and Pierce Brosnan. 10.50 Dog Soldiers. (2008)

Monday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 9.30 Homes Under the Hammer. 10.45 Rubbish Rivalry. Reunited. 11.15 Robbie's Raiders. Reunited. 11.30 Cash in the Attic. 12.15 Bargain Hunt (R). 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.35 Tiger: Spy in the Jungle (R) 2.30 Film: Rat Race (2007) Animated comedy with the voice of Jerry Seinfeld. 3.00 Film: Over the Hedge. (2006) Animated comedy with the voice of Bruce Willis. 4.30 Pointless. 5.00 BBC News. 6.00 Regional News Programmes. Weather. 6.30 Who Do You Think You Are? (R) 7.30 EastEnders. 8.00 Antiques Roadshow. 9.00 Silent Witness. (R) 10.00 BBC News. 10.15 Regional News. Weather. 10.20 A Question of Sport. 10.50 Late Kick Off. 11.20 The Graham Norton Show. (R) 12.10 Film: The Real Man. (2005) Romantic comedy starring Stuart Townsend and Amy Smart. 1.40 Weathercview. 1.45 Sign Zone. Our Feud. (R) 2.30 Toughest Place to Be a Train Driver. (R) 3.45 Antiques Road Trip. (R) 4.30 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 Beebies. 11.30 Rowing World Cup. 12.30 Equestrian. Badminton Horse Trials. Live coverage of the cross-country. 5.30 The Paralympic evening equestrian competition. 2.30 Live Snooker. The World Championship. The third session of the final. 6.00 Eggheads. 6.30 Antiques Road Trip. 7.00 Great British Menu. 7.30 Live Snooker. The World Championship. The fourth and concluding session of this year's final. 11.00 Gardeners' House. 11.30 Film: The Flying Scotsman. (2006) Fact-based sporting drama starring Jonny Lee Miller. 1.00 BBC News. 3.15 The Super League Show. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Jeremy Kyle's Emergency Room USA. 11.25 Murder She Went. (R) 12.30 60 Minute Makeover. (R) 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Medicine Murders. (R) 4.00 Rosemary & Thyme. (R) 5.00 The Chase. 6.00 Regional News. Weather. 6.15 ITV News. Weather. 6.30 You've been Framed! (R) 7.00 Emmerdale. 7.30 Britain's Got Talent. The second live semi-final. 8.00 Coronation Street. 8.30 Britain's Got Talent. Results. Ant and Dec announce the results. 10.00 ITV News at Ten. Weather. 10.15 Film: Seven. (1995) Police thriller starring Brad Pitt. 12.10 The Zane. ITV News. Headlines. 2.25 Chelsea Weekly. 2.40 ITV Nightscreen. 4.30 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.15 The Hooks. (R) 6.30 Squeezed. 7.35 Accenting to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Secret Millionaire. Australia. (R) 10.00 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Film: The Bridge on the River Kwai. (1957) Oscar-winning Second World War drama starring Alec Guinness. 3.10 Countdown. 4.00 Deal or No Deal: Banker's Birthday. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Foxes Live. Was it Was the City. 8.30 News in Take. 10.30 Film: Wonderful Boy. (2004) Written. 11.00 Alan Carr: Chatty Man. (R) 12.10 Random Acts. 12.15 Poker. 1.25 Channel 4 Presents – Harvey Weinstein? 2012. (R) 1.20 ICCTV. Racing Weekly. 1.45 Sailing: America's Cup Uncovered. 2.15 The Grid. (R) 2.00 Channel 4 Presents – Wall Bashing 2012. (R) 2.00 Freegards and 4. (R) 3.10 The Simpsons. (R) 3.30 Channel 4 Presents – Joe Rashank 2012. (R) 3.40 British Formula Ford Championship. (R) 4.10 Channel 4 Presents – Jody Cundy 2012. (R) 5.15 Road of Rombro 2012. Paralympics Edits. (R) 5.10 Ultimate Freshes. (R) 6.15 Deal or No Deal: Banker's Birthday. (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.15 LIVE with 12.10 5 News. Lunchtime. 12.15 Marcel's Manor. (R) 12.55 Home and Away. 1.20 Neighbours. 1.50 The Mentalist. (R) 2.45 Film: Micky Dink. (1958) Adventure with Gregory Peck. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 News and Away. (R) 6.30 Inside Hollywood. 6.35 Ultimate Police Interceptors. 7.00 Cowboy Traders. (R) 8 News. Update. 8.00 The Gadget Show. World Tour. 5 News at 9. 9.00 Roberto's Extreme Fishing Challenge. 10.00 10 Things. Hats About 1995. 11.00 Film: I Spy. (2002) Comedy with Eddie Murphy. 12.50 SuperCasino. 3.00 House Doctor. (R) 4.20 Menace 14 Web Challenge. (R) 4.45 HouseBusters. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 9.30 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Robbie's Raiders. Reunited. 11.30 Cash in the Attic. BBC News. Weather. 12.15 Bargain Hunt (R). 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 9.00 Holby City. 10.00 Britain's Biggest Hoarders. 10.50 BBC News. 10.35 Regional News. Weather. National Lottery Update. 10.35 The Mail Lucas Awards. 11.10 Kevin Bridges: What's the Story? (R) 11.00 The Estate. 12.15 Weatherview. 12.15 Sign Zone. The Apprentice. (R) 1.10 Hotdam. (R) 2.10 Antiques Road Trip. (R) 3.00 Great British Railway Journeys. (R) 3.30 BBC News.

BBC2
6.30 CBeebies. 7.00 CBBC. 8.30 Beebies. 11.30 BBC World News. 12.00 Lady Pc. 1.00 Nature's Top 40. (R) 1.30 Inside Parliament. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Harry Bliss' Best of British. (R) 4.30 Flog It. (R) 5.15 Put Your Money Where Your Mouth is. 6.00 Eggheads. 6.30 Antiques Road Trip. 7.00 Great British Menu. 8.00 The team taking on China. 8.00 Great Ormond Street. 10.00 Later Live – with Nicola Holland. 10.30 Newsnight. Weather. 11.20 Season in Portrait? (R) 12.10 BBC News. 3.30 Close. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.20 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 60 Minute Makeover. 2.00 Deal or No Deal. (R) 3.30 Regional Weather. 4.00 Rosemary & Thyme. (R) 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Britain's Got Talent. Results. 8.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Coronation Street. 11.05 Britain's Got Talent. Results. And more of the acts. 12.05 The Zane. ITV News. Headlines. 2.35 Loose Women. (R) 3.25 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4
6.15 The Hooks. (R) 6.40 Squeezed. 7.35 Accenting to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Secret Millionaire. Australia. (R) 10.00 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.25 Channel 4 News. Midday Summary. 12.30 Film: The Hunt for Red October. (1990) Tom Clancy's Cold War thriller starring Sean Connery. 3.10 Countdown. 4.00 Deal or No Deal: Banker's Birthday. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Foxes Live. Was it Was the City. 8.30 News in Take. 10.30 Film: Wonderful Boy. (2004) Written. 11.00 Alan Carr: Chatty Man. (R) 12.10 Random Acts. 12.15 Poker. 1.25 Channel 4 Presents – Harvey Weinstein? 2012. (R) 1.20 ICCTV. Racing Weekly. 1.45 Sailing: America's Cup Uncovered. 2.15 The Grid. (R) 2.00 Channel 4 Presents – Wall Bashing 2012. (R) 2.00 Freegards and 4. (R) 3.10 The Simpsons. (R) 3.30 Channel 4 Presents – Joe Rashank 2012. (R) 3.40 British Formula Ford Championship. (R) 4.10 Channel 4 Presents – Jody Cundy 2012. (R) 5.15 Road of Rombro 2012. Paralympics Edits. (R) 5.10 Ultimate Freshes. (R) 6.15 Deal or No Deal: Banker's Birthday. (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.15 LIVE with 12.10 5 News. Lunchtime. 12.15 Marcel's Manor. (R) 12.55 Home and Away. 1.45 Neighbours. 2.10 Law & Grant. (R) 3.15 Film: By Appointment Only. (2007) Premiere. Thriller, starring Ally Walker. 5.30 5 News at 5. 6.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Dirty Grant Mathews. (R) 5 News. Update. 8.00 We! Here in My Family. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: Miami. (R) 10.30 Film: Sin City. (2005) A schemin' a murdered. (R) 11.45 CSI: Miami. (R) 12.00 SuperCasino. 3.00 House Doctor. (R)

Wednesday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 9.30 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Robbie's Raiders. Reunited. 11.30 Cash in the Attic. BBC News. Weather. 12.15 Bargain Hunt (R). 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 9.00 Traffic Cops. 9.04 The Apprentice. 10.00 BBC News. 10.25 Regional News. Weather. 10.30 The National Lottery: Wednesday Night Draw. 10.45 Sporting Heroes: After the Final. Whistle. National Lottery Update. 11.00 Film: Breaking and Entering. (2006) Drama, with Jude Law and Juliette Binoche. 1.30 Weatherview. 1.35 Sign Zone. Sea Heist. (R) 2.20 Watchdog. (R) 3.00 The 700. (R) 4.00 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 Beebies. 11.30 Film: Doctor in the House. (1954) Comedy, starring Dirk Bogarde. 1.00 Sea Hear. 1.30 Instant Restaurant. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Harry Bliss' Best of British. (R) 4.30 Flog It. (R) 5.15 Put Your Money Where Your Mouth is. 6.00 Eggheads. 6.30 Antiques Road Trip. 7.00 Great British Menu. 8.00 The Great Italians. Stirl Hungry. 8.00 Stalingrad. 9.00 Newsnight. 10.00 Dispatches. 10.30 Newsnight. Weather. 11.20 The 700. (R) 12.00 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 60 Minute Makeover. 3.00 Dickinson's Real Deal. (R) 3.30 Regional Weather. 4.00 Rosemary & Thyme. (R) 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Britain's Got Talent. 8.00 Coronation Street. 8.30 Britain's Got Talent. Results. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Who Wears It On a Motorway? Britain's Got Talent. Highs and Lows. 11.35 Film: Chocolat. (2000) 12.15 The Zane. ITV News. Headlines. 2.20 Film: Charade. (1963) Romantic thriller with Audrey Hepburn and Cary Grant. 4.10 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4
6.10 Sali Mali. (R) 6.15 The Hooks. (R) 6.40 Squeezed. 7.35 Accenting to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 The Secret Millionaire. (R) 10.00 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.25 Channel 4 News. Midday Summary. 12.30 Film: The Outlaw Josey Wales. (1976) Clint Eastwood Western. 3.10 Countdown. 4.00 Deal or No Deal: Banker's Birthday. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Foxes Live. Was it Was the City. 8.30 News in Take. 10.30 Film: Wonderful Boy. (2004) Written. 11.00 Alan Carr: Chatty Man. (R) 12.10 Random Acts. 12.15 Poker. 1.25 Channel 4 Presents – Harvey Weinstein? 2012. (R) 1.20 ICCTV. Racing Weekly. 1.45 Sailing: America's Cup Uncovered. 2.15 The Grid. (R) 2.00 Channel 4 Presents – Wall Bashing 2012. (R) 2.00 Freegards and 4. (R) 3.10 The Simpsons. (R) 3.30 Channel 4 Presents – Joe Rashank 2012. (R) 3.40 British Formula Ford Championship. (R) 4.10 Channel 4 Presents – Jody Cundy 2012. (R) 5.15 Road of Rombro 2012. Paralympics Edits. (R) 5.10 Ultimate Freshes. (R) 6.15 Deal or No Deal: Banker's Birthday. (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.15 LIVE with 12.10 5 News. Lunchtime. 12.15 Dangerous Drivers School. (R) 1.10 Home and Away. 1.45 Neighbours. 2.15 Law & Grant. (R) 3.15 Film: Mistress. The Charlotte Mundel (2005) Crime drama, starring John Lamoglia. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Live UEFA Europa League Football. The final of the National Arena in Bucharest. Romania. (Kick-off 7.45pm) 10.00 Film: Dead House. (1999) Action thriller starring Patrick Swayze. 11.45 Film: Sin City. (2005) A schemin' a murdered. (R) 1.45 CSI: Miami. (R) 12.00 SuperCasino. 3.00 House Doctor. (R) 4.20 HouseBusters. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 9.30 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Robbie's Raiders. Reunited. 11.30 Cash in the Attic. BBC News. Weather. 12.15 Bargain Hunt (R). 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 9.00 Panel Earth Live. 10.00 New Tricks. (R) 10.50 BBC News. 10.35 Regional News. Weather. 10.30 Question Time. 11.30 The Weakt. 12.00 Holiday. Weatherview. 12.00 Sign Zone. Countryfile. (R) 12.0 Antiques Roadshow. (R) 2.20 Modern Spies. (R) 3.20 Great British Railway Journeys. (R) 3.50 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 Beebies. 11.30 BBC World News. 12.00 Lady Pc. 1.00 Nature's Top 40. (R) 1.30 Instant Restaurant. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Harry Bliss' Best of British. (R) 4.30 Flog It. (R) 5.15 Put Your Money Where Your Mouth is. 6.00 Eggheads. 6.30 Antiques Road Trip. 7.00 Great British Menu. 8.00 Two Greedy Italians. Still Hungry. 8.00 Stalingrad. 9.00 Newsnight. 10.00 Dispatches. 10.30 Newsnight. Weather. 11.20 The 700. (R) 12.00 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 9.20 Lorraine. 9.25 The Jeremy Kyle Show. 10.00 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 60 Minute Makeover. 3.00 Dickinson's Real Deal. (R) 3.30 Regional Weather. 4.00 Rosemary & Thyme. (R) 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Britain's Got Talent. 8.00 Coronation Street. 8.30 Britain's Got Talent. Results. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Piers Morgan's Life Stories. 11.35 The Cube. (R) 12.30 The Zane. ITV News. Headlines. 3.00 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.10 Sali Mali. (R) 6.15 The Hooks. (R) 6.40 Squeezed. 7.35 Accenting to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 The Secret Millionaire. (R) 10.00 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.25 Channel 4 News. Midday Summary. 12.30 Film: Cottage. (R) 1.30 Channel 4 Racing. Live coverage from Chester. 3.10 Countdown. 4.00 Deal or No Deal: Banker's Birthday. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Foxes Live. Was it Was the City. 8.30 News in Take. 10.30 Film: Wonderful Boy. (2004) Written. 11.00 Alan Carr: Chatty Man. (R) 12.10 Random Acts. 12.15 Poker. 1.25 Channel 4 Presents – Harvey Weinstein? 2012. (R) 1.20 ICCTV. Racing Weekly. 1.45 Sailing: America's Cup Uncovered. 2.15 The Grid. (R) 2.00 Channel 4 Presents – Wall Bashing 2012. (R) 2.00 Freegards and 4. (R) 3.10 The Simpsons. (R) 3.30 Channel 4 Presents – Joe Rashank 2012. (R) 3.40 British Formula Ford Championship. (R) 4.10 Channel 4 Presents – Jody Cundy 2012. (R) 5.15 Road of Rombro 2012. Paralympics Edits. (R) 5.10 Ultimate Freshes. (R) 6.15 Deal or No Deal: Banker's Birthday. (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.15 LIVE with 12.10 5 News. Lunchtime. 12.15 Dangerous Drivers School. (R) 1.10 Home and Away. 1.45 Neighbours. 2.15 Law & Grant. (R) 3.15 Film: Mistress. The Charlotte Mundel (2005) Crime drama, starring John Lamoglia. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Live UEFA Europa League Football. The final of the National Arena in Bucharest. Romania. (Kick-off 7.45pm) 10.00 Film: Dead House. (1999) Action thriller starring Patrick Swayze. 11.45 Film: Sin City. (2005) A schemin' a murdered. (R) 1.45 CSI: Miami. (R) 12.00 SuperCasino. 3.00 House Doctor. (R) 4.20 HouseBusters. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 9.30 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Robbie's Raiders. Reunited. 11.30 Cash in the Attic. BBC News. Weather. 12.15 Bargain Hunt (R). 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.50 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 EastEnders. 8.30 Would Liar to You? 9.00 Have I Got News for You. 9.30 Not Going Out. 10.00 BBC News. 10.25 Regional News. Weather. 10.30 The Graham Norton Show. 11.20 The National Lottery Friday Night Draw. 11.30 The Mail Lucas Awards. (R) 12.05 EastEnders. 3.00 Weatherview. 2.00 Sign Zone. 3.00 Film: Bumble Boys. (R) 3.30 Question Time. (R) 4.30 BBC News.

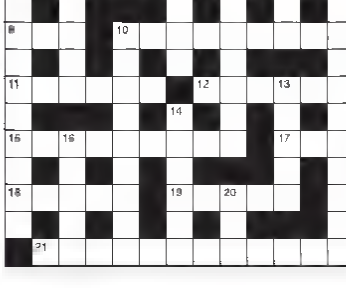
BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 Beebies. 11.30 BBC World News. 12.00 Lady Pc. 1.00 Nature's Top 40. (R) 1.30 Instant Restaurant. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Harry Bliss' Best of British. (R) 4.30 Flog It. (R) 5.15 Put Your Money Where Your Mouth is. 6.00 Eggheads. 6.30 Antiques Road Trip. 7.00 Great British Menu. 8.00 Two Greedy Italians. Still Hungry. 8.00 Stalingrad. 9.00 Newsnight. 10.00 Dispatches. 10.30 Newsnight. Weather. 11.20 The 700. (R) 12.00 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 9.20 Lorraine. 9.25 The Jeremy Kyle Show. 10.00 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 60 Minute Makeover. 3.00 Dickinson's Real Deal. (R) 3.30 Regional Weather. 4.00 Rosemary & Thyme. (R) 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Britain's Got Talent. 8.00 Coronation Street. 8.30 Britain's Got Talent. Results. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Piers Morgan's Life Stories. 11.35 The Cube. (R) 12.30 The Zane. ITV News. Headlines. 3.00 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.10 Sali Mali. (R) 6.15 The Hooks. (R) 6.40 Squeezed. 7.35 Accenting to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 The Secret Millionaire. (R) 10.00 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.25 Channel 4 News. Midday Summary. 12.30 Film: Cottage. (R) 1.30 Channel 4 Racing. Live coverage from Chester. 3.10 Countdown. 4.00 Deal or No Deal: Banker's Birthday. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Foxes Live. Was it Was the City. 8.30 News in Take. 10.30 Film: Wonderful Boy. (2004) Written. 11.00 Alan Carr: Chatty Man. (R) 12.10 Random Acts. 12.15 Poker. 1.25 Channel 4 Presents – Harvey Weinstein? 2012. (R) 1.20 ICCTV. Racing Weekly. 1.45 Sailing: America's Cup Uncovered. 2.15 The Grid. (R) 2.00 Channel 4 Presents – Wall Bashing 2012. (R) 2.00 Freegards and 4. (R) 3.10 The Simpsons. (R) 3.30 Channel 4 Presents – Joe Rashank 2012. (R) 3.40 British Formula Ford Championship. (R) 4.10 Channel 4 Presents – Jody Cundy 2012. (R) 5.15 Road of Rombro 2012. Paralympics Edits. (R) 5.10 Ultimate Freshes. (R) 6.15 Deal or No Deal: Banker's Birthday. (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.15 LIVE with 12.10 5 News. Lunchtime. 12.15 Dangerous Drivers School. (R) 1.10 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Chelsea Frock in Modern. (R) 3.20 Film: Jane Eyre. T4 Double. De Da Part. (2003) Thriller starring Lea Thompson. 6.00 5 News at 5. 6.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 War Here in My Family. (R) 5 News at 9. 8.00 Dirty Great Mathews. 5 News at 9. 9.00 The Mentalist. A man is found burned to death on 5 celebs! Bob's grieving. 10.00 Castle. 10.00 Law & Order: Criminal Intent. (R) 11.55 Inside Hollywood. (R) 12.00 SuperCasino. 3.00 Motorsport Mundial. 4.20 HouseBusters. (R) 5.10 Wildlife SOS. (R)

This week's crossword - Clues



Across.
1. Damning (12)
7. Sugary (5)
8. Incite (3,2)
9. Be in debt (3)
10. Keep trying (9)
11. Recompenses (6)
12. Happy (6)
15. With utmost speed (9)
17. Row (3)
18. Projecting rooledge (5)
19. Split (5)
21. Safeguard (12)

Down
1. Map-maker (12)
2. Before (3)
3. Constitution (6)
4. Consequently (9)
5. Rascal (5)
6. Immederate (12)
7. Repose (9)
10. Grave mental disorder (9)
13. Ancient (5)
14. Money-lender (6)
16. Cut (5)
20. By way of (3)

Last week's solution

ACROSS 1 FORMULA 8 MARVEL 9 ABDUCT 11 INVENT 12 LOWERING 18 OPTIONAL 20 TRAVEL 21 BECALM 23 ALIGHT 24 DESSERT
DOWN 1 AMIABLE 2 BRADAWL 3 CONSTABLE 4 OUTRIGHT 6 MOTIVE 7 LATENT 13 IDOLATER 14 ENLARGE 15 CLIMATE 16 ORNATE 17 WORDS 19 IDEALS

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Burger King promises to use free range eggs & pork

GLOBAL FAST FOOD CHAIN Burger King will soon be serving up morsels from free range eggs and pigs, the company said in a statement this week.

The company – which has 12,500 locations worldwide – pledged to use 100 per cent cage-free eggs in the US within five years and to only buy pork from suppliers who stop using gestation crates to breed pigs

The pledge was made in a joint statement with the Humane Society

"For more than a decade, Burger King Corp has demonstrated a commitment to animal welfare," said Jonathan Fitzpatrick, chief brand and operations officer.

"We continue to leverage our purchasing power to ensure the appropriate and proper treatment of animals by our vendors and suppliers."

The Humane Society, which lobbies for animal rights, welcomed the move

"These changes by Burger King Corp. will improve life for countless farm animals and encourage other companies to abide by animal welfare principles up and down their supply chain," said Wayne Pacelle, head of the group.

Record numbers turn to food banks

A RECORD NUMBER of people are turning to charities to help them feed their families as they struggle financially, according to an investigation.

It's believed that that many people are relying on food banks and charity kitchens as prices rise

According to the Office for National Statistics, food and soft drink prices rose by 4.0% in the year to March, but for many people benefits and wages are not going up, leaving less money for food.

The Trussell Trust, which runs the UK's only network of food banks, fed nearly 129,000 people last year

The Salvation Army also say they have seen an increase in people, particularly pensioners, approaching them for food.

Captain Stephen Turner said: "The most recent thing, and it's very unusual in my 15 years of experience, is that actually we've had requests from older people on pensions who are just beginning to struggle with day to day living

"That is unusual because they tend to be proud and very reluctant to ask for help, so if they are asking they are probably in serious financial difficulty."

Food banks give people an emergency supply of dried and tinned food which should last them for at least three days when they have nowhere else to go

John Dickie, of the Children's Poverty Action Group, said: "We would be deeply concerned if it was ever seen that charities, food banks, would in any way be a kind of replacement for a tax and benefit policy that ensures all our families have adequate incomes for the task of bringing up their children.

"This is an indictment of government policy and shouldn't be seen as an alternative to the kind of national action we need to prevent children and families living in poverty in the first place."

CHICHESTER
Park Hotel
★★★

A PRIVATELY RUN HOTEL WITH EXPERIENCED WEDDING ORGANISERS PLUS...

- Purpose built banqueting rooms seating 40-150 with private bar.
- Serving consistently good food using fresh ingredients.
- Friendly and attentive service from beginning to end
- Experienced Wedding organisers
- Courtyard garden for photos and drinks reception
- Complimentary Bridal Suite on your wedding night and special overnight rates for your guests.
- Licenced for Civil Weddings.
- Licenced for music until 1 00am.

01243 786351
www.chichesterparkhotel.com
■ Madgwick Lane ■ Chichester ■ West Sussex ■ PO19 7QL ■

Pupils learn about Games food needs

CHILDREN are getting a look at how food goes from the ground to the Games from a farmer with a very special link to London 2012.

William Emmett is a fourth-generation farmer whose sheep graze on the banks of the Eton Dorney lake where the London 2012 rowing competitions will be held

In fact, his base is the only UK farm that is part of an Olympic venue and it will be producing wheat for the Games.

Mr Emmett is helping schoolchildren trace the supply chain from the wheat growing in the field, to the miller, to the baker and then being made into bread. It is part of a Red Tractor farms awareness campaign to help them understand how food will get on to the menus at London 2012.

Mr Emmett is helping to launch Team RT, or Team Red Tractor, which includes farmers, processors, packers, wholesalers and contract caterers who will feed the athletes, coaches, officials and millions of visitors to the Games.

In a five-day UK tour aimed at children, seven champion Red Tractor farmers will showcase different farming sectors to educate children on how their food is produced Dairy, beef, lamb, poultry, fresh produce, crops and pigs are among the sectors that will come under the spotlight

Around £11 billion of food is produced under the Red Tractor assurance scheme which sets production standards throughout the food supply chain

Richard Cattell of Red Tractor Assurance

said: "We are extremely proud to be part of the largest peacetime catering operation in the world. We want to increase national awareness of Red Tractor farmers and establish a food legacy which helps to educate children on what they understand where their food comes from

Red Tractor food will be served to around 23,400 athletes and team officials, 20,600 broadcasters and press and more than nine million visitors at 31 competition venues.

London 2012 estimates that 25,000 loaves of bread, 31 tonnes of poultry items, more than 100 tonnes of meat, 75,000 litres of milk and 21 tonnes of cheese will be eaten. More than 330 tonnes of fruit and vegetables and 232 tonnes of potatoes will also be consumed.

The Fountain
Traditional Pub Home cooked food

2 for 1
on our NEW
summer menu
main courses

Monday - Friday only
Not in conjunction with any other offer
Valid until May 31st 2012

29 Southgate, Chichester
Reservations 01243 781352
www.fountainchichester.co.uk

The Vestry
www.the-vestry.co.uk

2 FOR 1
ON ALL MAIN COURSES
Please show voucher on arrival
Valid until end May 31st 2012
Not in conjunction with any other offer

NEW
Summer Menu!

The Vestry, 21-23 Southgate, Chichester
01243 773358 info@the-vestry.co.uk

Fashion

GOT ANY FASHION TIPS?
@chiherald

Oxford Street launches Great British Fashion Flag Showcase

OXFORD STREET in London has launched a Great British Fashion Flag Showcase with 147 union flags, including 10 dedicated fashion flags to celebrate Great British Fashion, ahead of the Queen's Diamond Jubilee in June.

Representing 147 years of fashion for the world famous high street, the flags will be seen by an excess of 12 million shoppers from more than 200 countries for six weeks only. The 12ft high flags will be the first of 500 union flags across London's West End including Bond Street, Regent Street and Piccadilly.

The 147 fashion flag showcase stretches across one and half miles of more than 70 high street, premium and luxury fashion brands.

Dame Judith Mayhew Jonas, chairman of New West End Company, says: "The eyes of the world will be on London this June as we embark on one of the biggest summers in modern British history. We wanted to be sure the West End, starting today with Oxford Street, paid a huge tribute to such a momentous occasion by celebrating its credentials as the world's leading fashion destination."

Pixie Geldof and Georgia May Jagger support breast cancer campaign

ROCK ROYALTY Pixie Geldof and Georgia May Jagger have teamed up to help launch a nationwide campaign to battle breast cancer.

The pair are supporting this year's Fashion Targets Breast Cancer campaign, a nationwide poster campaign starting tomorrow.

It will run for six weeks and raise funds for charity Breakthrough Breast Cancer through the sale of products including clothing, accessories and other items from high street chains including M&S, Laura Ashley and Debenhams.

The drive, started by Ralph Lauren in 2004, aims to unite the fashion world to help fight the disease and this year M&S, River Island, Warehouse, Topshop, Coast, Laura Ashley, Daisy Jewellery, my-wardrobe.com, Debenhams and Shavata have designed pieces for the collection.

The items, which have a best of British theme, tying in with the Olympics and the Diamond Jubilee, range from £2 to £150 and all carry a minimum 30% donation, organisers said.

Georgia May Jagger, whose supermodel mother Jerry Hall fronted the campaign for the 10-year anniversary in 2000, said: "Every year Fashion Targets Breast Cancer brings women and fashion together for this vitally important cause, and I'm thrilled to be part of it.

"I'd love every woman to join me – Buy It. Fight It. Wear Your Support!"

Model and singer Pixie Geldof added: "Fashion Targets Breast Cancer is all about British retailers and British women standing together in the fight against breast cancer.

"Check out the collection at www.fashiontargetsbreastcancer.org.uk. Join me – Buy It. Fight It. Wear Your Support!"

Alice Temperley Creates John Lewis Collection

FASHION DESIGNER Alice Temperley has teamed up with John Lewis for her first UK high street collection.

Alice Temperley has created a collection for John Lewis.

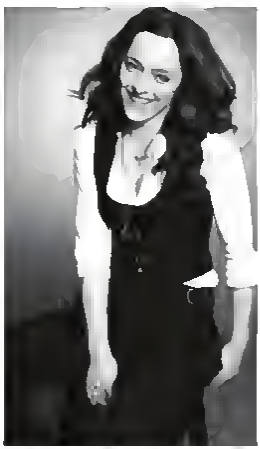
The British designer says the range, named Somerset after her home county, will compliment her existing high-end creations but take her vision to a wider audience and she thinks the department store were the perfect choice for her first UK high street collection.

She told Vogue.co.uk: "We recently celebrated our 10th anniversary and have spent the last ten years building our lines and understanding our customer. Somerset will compliment our existing brands and is a very accessible product that will take our aesthetic to a wider audience. I know a lot of people who can't afford high fashion but appreciate well-made, wearable clothes. John Lewis is a great partner as it stands for quality, and is a trusted staple in everyone's lifestyle."

The 60-piece collection will arrive in stores nationwide and online on September 4 and ranges in price from £29 for a scarf to £1,000 for a sheepskin coat and feature items including leopard print knits, boho dresses, military jackets and Victoriana blouses.

Jo Hooper, John Lewis' head of womenswear buying, said: "Working with Alice to create Somerset by Alice Temperley has provided us with a unique opportunity to launch and build an entirely new and exclusive brand.

"We have worked incredibly hard on the quality, design and fabrication to ensure it meets the high demands of both Alice Temperley and John Lewis customers."



Showgirl glamour at Louboutin's London shoe show

A GIANT 3D hologram of a burlesque dancer greeted footwear-lovers Monday at a playful London exhibition marking 20 years since celebrated French shoemaker Christian Louboutin first set up shop.

The exhibition at London's Design Museum features dozens of the Frenchman's creations, many of them displayed on a 17-metre (56-foot) version of the famous scarlet sole that features every Louboutin shoe.

Lashings of glitter, ruffles and feathers reflect Louboutin's life-long fascination with showgirls, as does an enormous hologram of a glittering stiletto that turns into the sashaying image of burlesque star Dita von Teese.

"I was brought up in a very feminine environment," Louboutin told a press conference to launch the 10-week exhibition. "I had three sisters, I had a father who was barely there."

As a result, the 49-year-old said, he grew up with "the biggest love and the biggest respect for women".

But he admitted that his famously towering heels were not designed with comfort in mind.

"I am concerned by comfort and I know that it is important," said Louboutin, clad in a simple brown and red checked jacket.

"But I do not wish to have that evoked in my designs. The idea of someone saying 'Oh my God, how comfortable it looks ..' He shudders.

But recalling how Parisian showgirl friends would stuff their shoes with veal carpaccio to make them more comfortable, he conceded that "to suffer to be beautiful doesn't work".

"It doesn't give you a nice smile," he said. "The aim with his stilettos is to make them as comfortable as possible for that kind of shoe."

The discomfort does not put off a host of celebrity fans including actress Gwyneth Paltrow and Victoria Beckham, fashion designer and wife of English football star David Beckham.

The exhibition takes visitors through the design process, from sketches to prototypes to the factory floor.

Louboutin's witty designs, some of which are displayed with magnifying glasses to allow closer examination, include shoes featuring miniature Marie Antoinette-style wigs, and stilettos made entirely from plastic googly eyes.

A mock-up of his Paris workshop, complete with scattered shoes and sketches, features the trapeze from which he occasionally likes to dangle.

Another section highlights travel-inspired designs, including fur-lined platforms named after the Mongolian capital Ulan Bator and a pair of stilettos in Chinese silk.

The exhibition continues until the 8th July 2012. Please visit the Design Museum website for more information and to book tickets www.designmuseum.org/exhibitions

UPTO
45% OFF
WINDOW RANGE

NEW!
'A' RATED WINDOWS
A WARMER HOME & LOWER HEATING BILLS!

We are true manufacturers of superior quality windows

HUGE DEALS
ON BESPOKE CONSERVATORIES

Add space, beauty and value to your home with a custom built conservatory

DOORS FROM £499 +VAT
INCLUDES FITTING!

Style, Security & Value

UPVC DOORS
£499 +VAT
£526 +VAT

COMPOSITE DOORS
£729 +VAT
£595 +VAT
£770 +VAT

Rose Green showroom
(We're next to Nat West Bank)
3 Avisford Terrace, Rose Green Road,
Rose Green, Bognor Regis PO21 3HB

www.britanniawindows.co.uk

BRITANNIA
CONSERVATORIES • WINDOWS • DOORS

FREE Quote - No Obligation
01243 268777
Email: pw@britanniawindows.co.uk

Love Tea? Why not try something a little different?

Denise Kelly

IT'S BEEN A FANTASTIC WEEK! My son did his first performance at the Mayflower theatre, Southampton, in Oliver on Tuesday night. Obviously a very proud moment. The rehearsals have completely taken over our lives for the past month, but its all been worth while! I have also applied for the London Marathon 2013, so that's very exciting!

Obviously with my job, I am always looking at ways to strengthen the immune system and give advise to my clients, so this week I am excited to tell you about something that's very easy to introduce into your lives'

The British are famous all over the world for loving a good cup of tea, but would you be prepared to switch from your normal breakfast tea to something a little different tasting if you knew it could help relieve you of some nagging ailments and more? If you haven't heard about it already I am talking about a tea called Pau d'arco and research in the US is proving that this special product is helping many people all over the world

So what is it?

Pau d arco is an extract of the inner bark of the taheebo tree, also called the lapacho or trumpet tree. The taheebo tree grows in the rainforests in Central and South America. In Central and South America, where pau d'arco is used in hospitals, a tea is generally made using the inner bark of this tree.

In the United States and here in the UK you can find it in many forms. In some places, you can find bark shavings which is used to make tea. The Tea bag form is the easiest and most widely used and you mix it with water to drink it, just like regular tea! It tastes like bark! It sounds horrid, but actually you get used to the taste and it becomes quite pleasant

What are its uses?

In South America, it is used in hospitals as a cancer treatment, pain reliever, anti-inflammatory, anti-bacterial, anti-psoriatic and anti-fungal.

Herbalists worldwide recommend its use to combat a wide range of ailments. Some of these include things such as yeast infections, (Candida) influenza, inflammation, arthritis, fibromyalgia, fever, infections, colds, syphilis, cancer, lupus, diabetes, and psoriasis.

What makes it work?

Scientists have found several key components within the inner bark of the taheebo tree which account for its healing abilities. These components are called quinoids, which are used in cancer treatments. Research has been ongoing in countries around the globe since the 1960s. Several United States Universities and governmental agencies have completed or are completing research on the healing abilities of the components found in pau d'arco. It's a magical thing to know about and quite easily obtained as a tea. The benefits that people have experienced from drinking this tea are extensive and very impressive. The results are quite instant too. Why not do some research of your own on this product and give it a go

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040. www.denisekelly.co.uk

Stroke patients not being given proper follow-up care

IT HAS BEEN revealed in a report that patients recovering from stroke these days are not being given the right facilities by the medical staff. This means that they are literally being abandoned by the hospital, and most of them aren't even being asked their specific needs.

According to a recent study, it was revealed that about 40% of the patients who have suffered a stroke, aren't being assessed for their healthcare needs. Services like speech therapy, physiotherapy and so on, are being missed out by most of these patients because the medical staff isn't taking care of their diverse needs.

This calls for the need for better healthcare facilities to be made for the aid of the people in the long term. There is need for efforts to be made by the authorities to bring about change in the way patients are being treated.

"But many stroke survivors tell us that after all the effort to save their lives they then feel abandoned when they return home. The NHS and local authorities are failing in their responsibilities to provide appropriate and timely support to stroke survivors and their families", said Jon Barrick, the Chief Executive at the Stroke Association.

It remains to be seen whether there will be efforts made by the authorities to help the people in need, who are still recovering from their illness.

Doctors blast McDonalds' Olympic sponsorship

MCDONALD'S is a sponsor for the London Olympics and a British doctors' group says that's sending the wrong message in a country with ballooning obesity.

Big Macs, fries and milkshakes will be part of McDonald's exclusively branded menu at the Olympics and the fast-food giant will soon be opening its largest franchise in the world, a two-story cathedral-like restaurant that seats 1,500 customers, at London's Olympic Park. McDonald's will be the only restauranteur allowed to sell brand-name food at the games and there will also be a separate McDonald's within the athletes' village -- in addition to three others at the Olympic Park.

Alongside McDonald's, Coca-Cola has the exclusive right to sell non-alcoholic drinks at Olympic venues. Heineken has been named the games' official beer.

"It's very sad that an event that celebrates the very best of athletic achievements should be sponsored by companies contributing to the obesity problem and unhealthy habits," said Terence Stephenson, a spokesman for the Academy of Royal Medical Colleges. The group is calling upon the British government to restrict advertising by McDonald's, Coca-Cola and Heineken during the Olympic Games, which are being held in London from July 27 to Aug. 12.

But that's unlikely to happen. London Olympic organizers have defended their decision to accept McDonald's sponsorship as a business deal.

"Sponsors provide a huge amount of the funding required to stage the games," said a spokesman for the organizing committee in a statement. "Without our partners such as McDonald's, the games simply wouldn't happen."

About one-quarter of Britons are obese and experts estimate that could jump to half by 2030. Obesity and related health ailments cost the U.K. health system about 4 billion pounds ($6.5 billion) every year.

"These brands are using the Olympics to be associated with medals and svelte, fit athletes," he said. "They don't want us to think of fat, unhealthy people when we think of their products."

Britain is also battling an increasing alcohol problem, which experts warned could worsen during the Olympics.

"When any major sporting event has an official alcohol supplier, it sends out completely the wrong messages to young people, making it seem as though no major event is complete without alcohol," said Sir Ian Gilmore, special adviser to the Royal College of Physicians on alcohol.

He said he "greatly regretted" that the London Olympics had appointed an official beer.

Some experts said advertising during the Olympics could actually cause a spike in fast food consumption, even in people not inclined to eat it.

"We cannot simply decide not to process (an ad), there is a subliminal association that is made that may affect your behavior in the future," said Nilli Lavie, a professor of psychology and brain sciences at University College London.

McDonald's said in a statement they expected about one-in-10 people visiting London's Olympic Park to eat at their Golden Arches. The company has been an official Olympics sponsor since 1976 and said it would be using its expertise to provide "high quality British food" at the Games.

Stephenson of the doctor's group doubts if many of the competing athletes would have an appetite for the cheeseburgers, fries, and chicken nuggets that will be ubiquitous at the Games' venues.

"I'm not sure how many of them will be eating this kind of food before competing for a medal," he said.

50% OFF A HAIR SERVICE

ON YOUR FIRST VISIT TO THE SALON ON PRESENTATION OF THIS VOUCHER.

ROSCOE

HAIRDRESSING

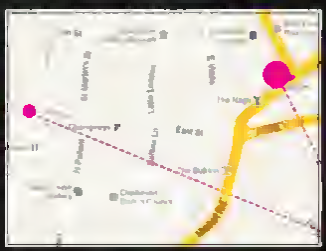
CHICHESTER

THE HAIRDRESSING EXPERIENCE CHICHESTER HAS BEEN WAITING FOR

Roscoe is a move awey from the ultre modern corporate style salon and is e newly refurbished classic, comfortable end eclectic environment where clients male or female can enjoy a unique and highly personal experience

Students receive 30% off all hair services on tuesdays

CALL NOW AND BOOK AN APPOINTMENT



01243 786669

FIND US HERE, 12 ST PANCRAS

TOWN CENTRE

ROSCOEHAIR.CO.UK

ROSCOE HAIRDRESSING, 12 ST PANCRAS

Home & Garden

FOLLOW US ON TWITTER
@chiherald

May your garden blossom and bloom

What to do in your garden this bank holiday weekend by Jo Golesworthy

YOUVE GOT TO LOVE a bank holiday weekend The beginning of May, the hopes of a bright and sunny summer, and more importantly a long weekend' I'm not sure if the weather's going to let us crack out the bbq just yet but the garden is alive with plant and animal life and this weekend might well be the time to get some mud under your nails

> "The garden is alive with plant and animal life and this weekend might well be the time to get some mud under your nails"

1. Pot on seedlings The general rule of thumb is if they fill their modules it's time to go to a bigger pot
2 Prune your spring flowering shrubs such as jasmine of forsythia This will encourage new growth and flowering next year
3 Deadhead the daffodils Don't remove the foliage just yet as this will help feed the bulb, but the flowers are unsightly and redundant
4 Stake in any perennials that are starting to get big and flop
5. Plant insect attracting plants Verbenas and lavender are everywhere in the garden centres The benefits are huge and you'll be amazed at how much life you'll bring to your garden
6 Plant clematis amongst your spring flowering shrubs. The shrubs will have lost their interest and may well have been pruned but the flowers from a summer flowering clematis will bring that area of your garden back to life Consider Clematis viticella 'Little Nell' or Clematis viticella 'Madame Julia Correvon'
7. Look out for aphids They'll start to appear on your roses and honeysuckle about now Use an old spray bottle with washing up liquid in and give them a good soaking
8 Support peas Hazel cuttings are great for this as it gives the peas a chance to get really tangled up Or make a tepee from bamboo canes and wrap with string to give them something to hold onto.
9 Look out for great offers on herbs and find an area to give over to a herb bed. Nothing tastes better than home grown basil and coriander These can be easily grown from seed on a sunny window sill.
10. Feed your soil Get a good layer of organic matter onto your soil to help feed the plants, and retain water

Jo Golesworthy
Horticulturalist, gardener, writer and designer

If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail com

DIY Decline: Get New Doors Fitted by Professionals

AFTER RECENT RESEARCH published by the AA earlier this month found that younger men and women in the UK are now less likely to know how to complete menial DIY tasks around the home, leading timber door suppliers, Todd Doors, are encouraging customers to book professional help if they do not know how to fit newly ordered doors themselves- as any mishap can result in high repair costs

The survey, carried out by AA Home Emergency Response, asked men and women across the UK whether they could competently perform a wide range of household/DIY tasks, such as changing a plug or bleeding a radiator, without assistance Only 52 percent of men and 33 percent of women between the ages of 25 and 34 affirmed that they could indeed perform stated tasks (This is in comparison to 79 percent of men and 43 percent of women, both aged above 55, who are deemed DIY proficient' - able to complete household tasks)

With these figures in mind, Todd Doors are encouraging customers to seek the services of professionals when having their new interior or exterior doors fitted, as any mistake or unnecessary mishap can result in high home repair costs

The West London outfit say one of the most common mistakes customers make is to stubbornly believe they can complete tasks

by themselves- even if they have no prior knowledge of how to perform them

"Fitting a door may seem like a simple task, but if you've never done it before and make any sort of mistake, the subsequent costs could be an much higher than you were expecting You could damage the door, the door frame or even the wall, if you went far enough,' says a spokesperson for Todd Doors

Todd Doors do not themselves provide a professional fitting service, but as aforementioned do include contact information for local door fitters If customers are unable to visit a store, Todd Doors do recommend visiting local timber yard or building merchants to find details of door fitters/carpenters near to where you live.

Woods
THE COMPLETE TRAVEL SERVICE
READER OFFER
JOHN WILLIAMS
80th BIRTHDAY CONCERT
FRIDAY 19 OCTOBER 2012
THE ROYAL ALBERT HALL
Adult, Senior Citizen & Child £48
Includes coach travel & entrance
The Royal Philharmanic Orchestra pays tributa to ona of tha world's greatast film composars as ha calabratas his 80th birthday in 2012. This concart featuras music from tha unforgattabla soundtracks to Star Wars®, Indiana Jonas, E.T., Jaws, Closa Encountars of tha Third Kind, Suparman, Harry Pottar, Jurassic Park, Schindlar's List, War Horsa and many moral
(Seats in Rear Arena)
Coach pick ups in Rustington, Littlehampton, Felpham, Bognor & Chichester
Park Road, Bognor Regis, West Sussex, PO21 2PX
01243 868080

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property

A spacious detached house situated in quiet cul-de-sac of private Marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge/dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk

Feature Property

FISHBOURNE £450,000

A substantial 4/5 bedroom detached familyhouse in a much sought after cul de sac close to the Mill Pond in Fishbourne Three reception rooms large conservatory fitted kitchen & breakfast room separate utility room Master bedroom has ensuite shower room, gardens, driveway & garage. MUST BE VIEWED!

For more information contact Gilbert and Cleveland on 01243 532626

Feature Property

CHICHESTER £222,500

A two bedroom mid terrace character property situated in an idyllic semi rural position in Sidlesham Common approximately 2 5 miles away from the historical City of Chichester The neutrally decorated accommodation is arranged over three floors and briefly comprises Kitchen/breakfast room living room with feature open fireplace with brick surround dining room two double bedrooms, a loft room (which could be used as a study/office/occasional bedroom) A particular feature of the property is the refitted family bathroom suite which includes a bath and separate shower cubicle Externally, there is a cottage style front garden with flowerbeds well stocked with a range of mature plants shrubs and trees Viewings are highly recommended to appreciate the opportunity No onward chain. Contact Gascoign Pees on 01243 787711

Feature Property

SELSEY £249,950

Offered to the market is this 1950 s two bedroom detached bungalow The bungalow offers Good size living accommodation with two double bedrooms Living room fitted bathroom and kitchen The bungalow benefits from double glazing gas heating driveway and garage The rear garden measures approx 75ft x 50ft. Early inspection advised

Selsey Properties 01243 603901 www.selsey properties.co.uk

Feature Property

SELSEY £309,950

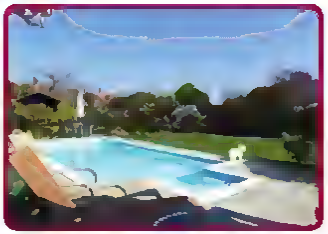
A DETACHED HOUSE SITUATED ON THE EDGE OF THE POPULAR MARINE DEVELOPMENT ONLY 200m FROM THE FISHING BEACH The well presented accommodation offers four double Bedrooms one of which ensuite Lounge Dining Room Kitchen/Breakfast room, Bathroom and downstairs Cloakroom Gas Central Heating and Double Glazing Outside there is a larger than average garden driveway and Garage Viewing is recommended

Please contact Whiteheads Selsey 01243 601019
or email selseysales@whiteheadsgroup.co.uk

Coastguards Estate Agents
6 Coastguards parade, 113 Barrack Ln
Aldwick, West Sussex PO21 4DX
office@coastguardsproperty.co.uk
www.coastguardsproperty.co.uk
Tel: 01243 267026

ALDWICK **£650,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops. G.F.H. diglazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm., dining rm. fitted kitchen with attached conservatory/breakfast rm. utility rm. four bedrms. refitted bathrm and shower rm. playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool



ALDWICK BAY ESTATE **£1,500,000**

A stunning 1st beach front residence situated in private cul-de-sac. The property has been made the subject of an extensive programme of remodelling, extension & refurbishment over the past year. The accommodation comprises an entrance hall, cloakrm, sitting rm, tv room/home cinema, kit/break rm, utility, 1st fl sun lounge with terrace, master bed with dressing rm,en suite & access to sun terrace, 2 further en suite bedrms, study & kitchenette, two 2nd fl bedrms with en suite facilities, penthouse with studio rm, kit & wet rm, garage, parking and garden with direct access to the beach

ALDWICK BAY ESTATE **£650,000**

A five bedroom detached house situated in the Aldwick Bay private marine estate 150 yards from the beach. gas c.h., double glazed. South facing open plan lounge and din.rm, garden rm., kit/brk.rm., master bed with e.s. bath, guest suite with e.s. bath and dress rm., bed 3/study, two second flr. beds and shower rm., integ. garage with room over, carport. South facing garden.

ALDWICK **£495,000**

A detached house situated in a small private marine estate just one row back from the private beach. The accommodation would benefit from a programme of internal modernisation & some refurbishment. G.F.H., u.P.V.C. diglazing & fascias, lounge, dining room, gr fl bedroom/third reception rm, kit/breakfast rm, utility rm, shower/storage rm, cloakrm, master bedrm with dressing rm & en suite shower rm, two further dble bedrms, bathrm, double garage, gardens to three sides

CRAIGWELL-ON-SEA **£579,950**

A detached family house situated in a private cul-de-sac within 200 yards of the private beach. G.f.h., u.P.V.C. dble glazing, impressive entrance hall, triple aspect lounge, sep. dining room, dual aspect kitchen/breakfast room, utility room, L shaped sun room, master bedroom with en suite bathroom and balcony, three further bedrooms, second bathroom with sep. w.c., detached double garage and gardens

PAGHAM **£495,000**

A detached beach front house situated in a private drive, shared with just one other property, off a quiet cul-de-sac. G.F.H., u.P.V.C. double glazing and fascias, cavity wall insulation, lounge, dining room, conservatory, kitchen, utility room, ground floor bathroom, four bedrooms, second bathroom, double garage with additional courtyard parking, sheltered South facing rear garden with direct access to the beach and unobstructed sea views from the majority of principal rooms

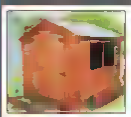
ALDWICK **£159,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area

The Property Ombudsman
rightmove.co.uk
The UK's number one property website
FindaProperty.com

OUTSIDE interests

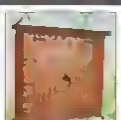
Sheds, Greenhouses and Summerhouses



SURREY 7' X 7'
£485
- 12mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Double Doors
- Framed & braced
- Real Timber Roof & Floor
- Glass Windows
- Free Local Delivery
- Erection £10

NORFOLK 8'X6'
£435
- 12mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Framed & braced door
- Lock & key
- Real Timber roof & floor
- Glass windows
- Free Local Delivery
- **Erected Free!**

DART 8'x6'
£470
- 12mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Glass Windows
- Framed & Braced door
- Lock & Key
- Real T&G Timber roof & Floor
- Free Local Delivery
- Erection £60



WALLSHED 6' x 2'6
£255 3'x2'6" £180
- 12mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Framed & Braced Door
- Choice of door position
- Free local Delivery
- Erection £40

SUFFOLK 8'x6'
£470
- 12mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Glass windows
- Framed & Braced Door
- Lock & Key
- Real T&G timber roof & floor
- Choice of door position
- Free local delivery
- Erection £60

RUTLAND Corner 7'x7'
£602
- 16mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Glass Windows
- Framed & Braced door
- Lock & Key
- Real T&G Timber Floor & Roof
- Free Local Delivery
- Erection £70

DUAL 8'x8'
£879
- 15mm T&G Shiplap
- Treated
- 45mm x 34mm Framework
- Glass windows
- Stable door either end
- Workbench
- Free local delivery
- Erection £80

MAJOR WORKSHOP
£889 10'x8'
- 16mm T&G Shiplap
- Treated
- 68mm x 50mm Framework
- Glass windows
- Lodged & braced doors
- Heavy Duty Hinges etc
- 8' internal eaves height
- heavy duty roof felt
- Free Local Delivery
- Erection £95

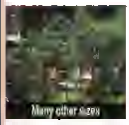
COTTAGE 6'x4'
£215
- Weatherboard overlap cladding
- Real timber roof & floor
- Treated
- T&G door
- Hasp & Staple
- Glass window
- Free Local Delivery
- Erection £55

Cotswold 8x8
from £1189
- 15mm T&G
- Treated
- 45x34 mm frame
- Double Doors
- Free local delivery
- Erection £95

'Elite' 8'x6' CRAFTSMAN
£439
- Alloy Finish
- Colour options
- Integral base
- horticultural glass
- Full sheet toughened glass add £141
- Full range of options & accessories
- 1 roof vent
- Free local delivery
- Erection Service

'Elite' HIGH EAVE 8'x6'
£490
- Extra 11" Headroom
- Horticultural glass
- Alloy finish
- Colour option
- Integral base
- 2 roof vents
- Full sheet toughened glass add £141
- Full Range of options & accessories
- Free Local Delivery
- Erection Service

Lincoln 7x7
from £1045
- 15mm T&G
- Treated
- 45 x 35mm frame
- Double Doors
- Free Local Delivery
- Erection £120



'Elite' 10'x8' BELMONT
£1140
- Coloured Finish
- Choice of colour
- Double doors
- Base included
- 2 roof vents
- Horticultural glass
- Full sheet toughened glass add £180
- Full range of options & accessories
- Free local delivery
- Erection service

'Elite' 6'x5' STREAMLINE
£608
- Coloured Finish
- Choice of colour
- Integral base
- 1 roof vent
- Double door
- Horticultural glass
- Full sheet toughened glass add £120
- Free Local delivery
- Erection service

2 Barnham Road, Barnham PO22 0ES

- Open 7 days a week
- Indoor Showroom
- FREE no obligation site survey
- Large range on display
- Installation service
- Fully Treated Timber
- FREE Local delivery

01243 553334

WWW.OUTSIDEINTERESTS.CO.UK

Checkatrade.com Before you use them | dgcos | FENSA Registered Company

Women's Health at Spire Portsmouth Hospital

Free information evening
Tuesday 29 May at 7pm

This is an opportunity to hear from our expert consultants on a range of women's health issues, including gynaecological and breast issues.

Mr Avi Agrawal
Breast cancer self-checking, diagnosis, treatment and breast reconstruction

Mr Nicholas Bennett
Cosmetic breast surgery. breast enlargement, reduction, uplift and asymmetry and how to choose your cosmetic consultant

Mr Dirk Brinkmann
Endometriosis, heavy bleeding, cervical cancer and smear tests

Mrs Mel de Lacy
Gynaecological physiotherapy, incontinence and pelvic floor rehabilitation

To find out more, call **023 9245 6172**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

Spire
Portsmouth Hospital

Looking after you.

Bartons Road, Havant, PO9 5NP

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 776109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Confused com reveals that first-time drivers prefer smaller cars

CONFUSED COM has announced that, according to its recent survey, first-time buyers are becoming more savvy to the cost of cars; looking at the full cost of motoring rather than just the cost of buying a car

Care are one of the biggest expenses that people make in their life time, with 70% of respondents to the Confused.com survey stating this. However, people are having to compromise on the cars they drive. Big engines and car modifications no longer the new driver's prerogative, due to the cost of insurance and overall rising cost of motoring.

According to Confused.com's research, motor car insurance is viewed as a 'huge expense' by 66% of people. This is because the cost of an average comprehensive policy is £1,800 for women aged 17-20 compared with £3,635 for men.

Confused.com's research showed almost 70% of people chose their first car with an engine size of 1.3 litres or less, with 15% of under 24s citing insurance cost as the main reason for choosing a care with a smaller engine.

To keep costs down, new drivers are opting for the Ford Fiesta, which was voted the most popular first car, followed by the Mini One, in the poll of 2,000 drivers (selected from a list of 52 different makes and models).

Longer range, lower CO2 with Vauxhall's new Vivaro ecoFLEX

VAUXHALL'S new British-built Vivaro ecoFLEX Euro 5 panel vans, with low CO2 emissions of just 180g/km and combined fuel economy of 40.0mpg, are in showrooms now.

Based on the short wheelbase standard roof models, but with some subtle specification changes, the Vivaro ecoFLEX could save you over £850* in three years versus the 198g/km/37.0mpg standard version. With its 90-litre fuel tank, the Vivaro ecoFLEX is capable of over 800 miles on one tank of fuel – that's the equivalent of driving from Maidstone to Milan or from Bristol to Brussels and back.

These substantial benefits result from a range of green technology features including exhaust gas circulation, cooling and optimised gear ratios. There's also improved thermal management, low rolling resistance tyres and an aerodynamic kit.

For those wanting to save even more, Vauxhall offers Vivaro ecoFLEX Euro 5s equipped with a fixed speed limiter that yields CO2 levels as low as 174g/km and with combined fuel economy of up to 42.7mpg. Also for the first time there is an ecoFLEX version of the popular Vivaro 9-seater Combi for those who need to carry more than two passengers.

"The New Vivaro ecoFLEX Euro 5 gives our customers improved fuel economy and lower CO2s," said Steve Bryant, Vauxhall's

Commercial Vehicle Brand Manager. "Fuel economy and green credentials are top priorities for our customers looking to reduce running costs and the carbon footprint of their vehicles or fleets."

The best-selling Vivaro is top of its segment at retail with 3,531 registrations so far this year.

Vauxhall Commercial Vehicles was number one with retail customers in March and at year-to-date. In 2011, the Luton-based manufacturer had its best ever year at retail, selling more vans to private buyers than anyone else. Perhaps it's no surprise that Vauxhall builds more commercial vehicles in the UK than any of its competitors.

*Based on 20,000 miles per annum calculated at £1.40/litre for diesel on the combined cycle.

The right experience

WHEN CHANGING your car it's important to have a good buying experience – like the one you will find at Newbarn KIA where Michael Vincent, Newbarn's Motability specialist, is committed to delivering just that.

"Our aim", says Michael "is to help our customers to choose the right car to fit their individual lifestyle".

The first thing you can expect when you walk into Newbarn KIA's showroom on the Aldwick Road, Bognor Regis, is a warm welcome. Then over a cuppa Michael listens to your requests and recommends solutions. You might require an automatic or manual gearbox, a large boot, height adjustable driver's seat or steering wheel, hand controls, a hoist – comfort and accessibility are likely to be high on your priority list.

Mindful of the fact that the recipient of the benefit will not necessarily be the person who will be driving the vehicle, Michael encourages all drivers to experience the wide range of cars on offer.

When your car is ready for collection, Michael takes the same care and time with the handover. "It takes as long as the customer wants it to take", he says, "I demonstrate how everything works and the customer drives away only when they are completely satisfied".

If you are looking for up to the minute information on what's on offer through Motability then Michael's the man to ask. All purchasing experiences should be like this.

To talk to Michael telephone 01243 841200.

Biking industry comes together to increase awareness of motorcyclists

THREE OF THE BIKING INDUSTRY'S most influential organisations have added their support to the Motorcyclists Matter e-petition, which now has almost 40,000 signatures.

The Motorcycle Industry Association (MCI), British Motorcycle Federation (BMF) and Motorcycle Action Group (MAG) have publicly voiced their support for the motorcycle safety awareness campaign.

Launched by Bennetts, the petition aims to convince the government to help increase awareness of bikers on UK roads, by ensuring that bike-related questions are made compulsory in the driving test. Whilst motorcyclists account for only one per cent of road traffic they fall victim to almost 20 per cent of fatalities. The current system of random selection of questions means that some road users are able to pass their driving test without ever needing to consider motorcyclists.

Karen Cole, Director of Safety and Training for the Motorcycle Industry Association, commented: "This is a very simple and sensible change that will make a difference. Many road casualties could be avoided if drivers were more aware of motorcyclists and other vulnerable road users. Even the addition of just one mandatory question, specifically about motorcycles, in the Drivers Theory Test will force drivers to 'think bike' from a very early stage. Encouraging considerate driving habits will benefit both drivers and riders."

BMF's Government Relations Executive Chris Hodder added: "Since inattentiveness by other road users causes the majority of motorcycle accidents, the BMF has consistently called for further initiatives to raise the awareness of all vulnerable road users. With over 1.3 million motorcycles on Britain's roads it's incredible that prospective drivers can currently pass the test without answering a single question relating to motorcyclists. We would encourage all our members to sign this petition."

Hannah Squirrell, Associate Director, Bennetts said: "We're delighted to have received support from the three main industry organisations. The campaign has all motorcyclists in mind and can only be beneficial to every rider and everyone associated with the industry."

Almost 40,000 people have already added their signatures to the petition. All two-wheeled road users are urged to add their support to the campaign to reach the target of 100,000 signatures.

To pledge your support visit bikerpetition.co.uk or epetitions.direct.gov.uk/petitions/26272.

Worry-free means everything is included

- Use your mobility allowance
- Breakdown cover
- Road tax
- Insurance
- Servicing and maintenance
- Replacement tyres and windscreen
- 60,000 mileage allowance
- Specialist advice

WORRY-FREE MOTORING ASSURED

Motability
The leading car scheme for disabled people
www.motability.co.uk

Not sure if you qualify for a Motability car? Call 0800 953 4002

NIL
ADVANCE PAYEMENT

Large range of diesel, automatic and hatchback models

Available to anyone who receives the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners' Mobility Supplement. There are no waiting lists, no credit checks or medical assessments required when choosing a KIA with Motability. For more details call...

NEWBARN KIA

01243 841200

65 Aldwick Road, Bognor Regis.

Herald Recruitment

BOXES AVAILABLE AT
£25 PER WEEK PLUS VAT

About Us

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 45 000

The newspaper is available for self selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday

We also deliver thousands of newspapers to homes across the area every week.

As well as this over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre a town or village an industrial business park or a lone café on a country road

We have nearly 200 newspaper stands across the district which is located as far north as Midhurst south to Selsey the Witterings and Fagham east to Arundel and west to Bosham

What better way to advertise your vacancy to thousands of people for just £25 + vat per week.

Carlisle EVENTS

Carlisle Events are seeking well presented bright articulate reliable and highly motivated ***Safety Stewards and Customer Care Staff to work at Goodwood Racecourse on Race days*** Must be able to travel to and from Goodwood Racecourse on event days Opportunities exist for the right staff to work at some of our other venues including Rosebowl Cricket Ground in Southampton Experience not essential as full training will be provided.

Pay starts from ***£6 50*** depending on qualification

SIA badged pay rates start from £7 50 depending on role undertaken Candidates must be able to make own way to Goodwood Racecourse on event days

Apply by sending your cv to ***Recruitment_events@carlislesupportservices.com*** putting the word Goodwood in the Subject line, or alternatively call 01707294784 or 01707378727 for more information

Gilbert & Cleveland ESTATE AGENTS

Full Time Administrator required for award winning agency, based at our Chichester office Residential Sales & Lettings

Competitive salary Own car required

Contact us on **01243 532626** or send CV to **Chichester@gilbertandcleveland.co.uk**

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

RAF MUSIC SALUTE TO THE QUEEN'S JUBILEE
SATURDAY 23 JUNE 2012
LOSELEY PARK
Adult, Senior Citizen & Child £49
Includes coach travel & entrance

One of the finest military bands in the world, the Central Band of the Royal Air Force. They will take centre stage for a unique celebration of the Royal families' involvement with the RAF since Her Majesty took to the throne in 1952. This event draws on the wealth of imagery of the Defence Film Library and other departments within the RAF which is specially edited for each piece of music. The spectacle in the sky of the Battle of Britain Memorial Flight, RAF Chinook and other aircraft add a further dimension and a narrative helps reinforce the story.

Please bring your own picnic, but for safety reasons no fires or barbecues are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair has been included in the price which has to be picked up on arrival.

Coach pick ups in Rustington, Littlehampton, Felpham, Bognor & Chichester

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Athletics

Local Athlete gains sponsorship from leading sportswear brand

A LOCALLY based young athlete, Daniel Bailey, 20, has been offered an endorsement deal by leading UK sportswear brand, Hexx.

Daniel, who lives in Chichester, and is ranked highly in Triathlon, competes for both Victory AC and Chichester Westgate Triathlon Club and attracted the attention of Hexx after applying for a place on the prestigious HexxTalent Endorsement Programme earlier this year.

Daniel hopes that with the support of Hexx he can continue to reach his eventual goals He said "With not quite enough elite race experience to compete at the 2012 London Olympic Triathlon, I will be focusing on the 2016 Olympics in Rio. In that time I will hopefully win a few more medals on the international stage, and increase my knowledge of what needs to be done to win on the big stage!"

Henry C Staelens, HexxTalent Director at Hexx (UK), confirmed "We are very happy to have Daniel as one of our young, upcoming athletes, and we will do all we can to assist him in achieving his future aspirations in the tough world of athletics"

Hexx have offered Daniel a place on the programme until the end of this year

Follow us @chiherald

Horse Racing

Fillies and Mares take centre stage

GOODWOOD Racecourse welcomes in the new season on Saturday (May 5) with a pair of Listed contests for fillies and mares headlining a highly-informative seven-race card.

Gertrude Bell won the inaugural running of the £35,000 Listed Betfred The Bonus King EBF Daisy Warwick Stakes (2.15pm) last season before going on to Group Two glory in the Lancashire Oaks. She ended her season with a fine third in the Group Two QIPCO British Champions Fillies' and Mares' Stakes at Ascot on British Champions Day.

A high-class entry of 10 for the mile and a half contest this year includes the Sir Henry Cecil-trained Vita Nova, who was runner up to Gertrude Bell in the Lancashire Oaks and filled the same position in the Group One Yorkshire Oaks at York in August.

Khawlah could make her first start since capturing the Group Two UAE Derby at Meydan in March, 2011, and her trainer Saeed bin Suroor may also be represented by fellow four year-old Rumh, a Listed winner at Newbury last season.

Ed Dunlop is hoping that Tameen can make a bright start to her season on Saturday. The talented four-year-old was an eight length winner of the Goodwood Racehorse Owners' Group Handicap over the same course and distance in August, when she was trained by the Newmarket handler's father John.

The well-bred daughter of Shirocco subsequently finished a close fourth in a Doncaster Listed contest and was purchased by her current owner, the Honourable Earle Mack, for 80,000 guineas in February.

An entry of 13 for the mile £35,000 Mobile Casino British Stallion Studs EBF Conqueror Stakes (4.05pm) includes Barefoot Lady. The Richard Fahey-trained four-year-old came home third in the Group One Coronation Stakes at Royal Ascot and finished a creditable fifth behind Midday in the Group One Markel Insurance Nassau Stakes at Glorious Goodwood in July.

Chachamaadee may also return to Goodwood for Sir Henry Cecil, having captured the Group Three Oak Tree Stakes at Glorious Goodwood last year, while the John Gosden-trained Fallen For You was beaten a neck by subsequent Group One heroine Lync Of Light in the Group Two May Hill Stakes at Doncaster in August.

Richard Hannon could be represented by Whumaical and Esentepe, who gamely took the Group Three Nell Gwyn Stakes at Newmarket on April 28.

Hannon, who was leading trainer at Goodwood for a ninth time in 2011, is responsible for six of the 10 entries for the day's opening race, the £5,500 Betfred Goals Galore EBF Maiden Stakes (1.40pm), including Nottingham novice stakes runner up Black Monk and the Queen's newcomer Augustinian.

A total of 18 horses have been entered in the £25,000 Betfred Mobile Sports Handicap (3.30pm) over a mile and three-quarters, including the hat-trick seeking Thumair, representing the in form stable of John Gosden, and the Sir Henry Cecil trained Late Telegraph, who was successful on his debut in a Goodwood maiden in August.

The Ernan Meehan trained Catfish won the Turf Club Handicap at Glorious Goodwood last season and the four-year-old filly features among 15 contenders for the five-furlong £15,000 Betfred The Bonus King Bingo Handicap (2.50pm), alongside Doncaster handicap scorer Steps, from the stable of Roger Varian.

The action concludes with the seven furlong £5,000 Betfred.com Median Auction Maiden Stakes (4.40pm, 23 entries) and the £5,000 Collect Totepool Bets At Betfred Shops Handicap (5.15pm, 24 entries) over just shy of a mile and a quarter.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
THREE BRIDGES	36	26	5	5	75	37	38	83
LANCING	36	26	8	4	88	37	39	86
RYE UNITED	36	26	6	6	99	44	55	84
HASSOCKS	36	22	6	10	89	38	39	72
PEACEHAVEN & TELS	36	21	8	9	83	51	32	71
FAGHAM	36	21	8	9	83	54	29	71
LINGFIELD	36	20	8	10	90	56	34	*65
AFC UCKFIELD	36	16	7	15	71	70	1	55
EAST GRINSTEAD TOWN	36	17	4	17	71	77	6	55
REDHILL	36	16	6	16	85	68	17	54
SIDLEY UNITED	36	15	5	16	45	60	15	50
SELSEY	36	13	5	20	62	75	-13	44
CROWBOROUGH ATHLETIC	36	12	7	17	69	82	13	43
WORTHING UNITED	36	10	12	16	63	91	-28	42
RINGMER	36	11	7	20	50	62	12	40
HORSHAM YMCA	36	12	3	23	53	79	-26	39
ARUNDEL	36	10	8	20	59	88	-29	38
SHOREHAM	36	9	9	20	65	93	-28	36
ST FRANCIS RANGERS	36	2	13	23	40	87	-47	19
CHICHESTER CITY	36	4	3	34	36	105	-69	15

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	34	29	3	2	124	34	90	90
HAILSHAM TOWN	34	24	6	4	88	34	50	78
DORKING WANDERERS	34	21	6	7	80	48	32	69
LITTLEHAMPTON TOWN	34	18	12	7	67	39	28	57
LOXWOOD	34	17	4	13	65	68	-3	55
EASTBOURNE UNITED AFC	34	15	8	11	54	49	5	53
PEACEHILL UNITED	34	16	5	13	60	64	-4	53
SOUTHWICK	34	12	12	10	44	40	4	48
STORRINGTON	34	11	8	15	62	59	3	41
MILE OAK	34	12	4	18	58	65	10	40
RUSTINGTON	34	10	10	14	52	68	16	40
WESTFIELD	34	9	10	15	38	73	-35	37
STEYNING TOWN	34	9	8	17	54	74	20	35
WICK	34	9	6	19	40	70	-30	33
MIDHURST & EASEBOURNE	34	10	4	20	62	102	40	*33
LITTLE COMMON	34	8	8	18	53	69	16	32
SEAFORD TOWN	34	9	4	21	47	64	17	31
OAKWOOD	34	5	12	17	44	87	43	27

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	36	22	4	4	94	32	62	70
SALTDEAN UNITED	36	21	7	8	88	26	62	70
PEASE POTTAGE VILLAGE	36	22	1	7	94	44	50	67
BARNHAM	36	19	3	14	81	44	47	60
BROADBRIDGE HEATH	36	17	5	14	67	42	24	56
FOREST	36	15	6	9	63	38	23	51
FERRING	36	14	4	12	51	56	-5	46
ROTTINGDEAN VILLAGE	36	14	3	13	53	71	-18	45
UCKFIELD TOWN	36	10	10	10	60	61	-1	40
IFIELD EDWARDS	36	10	5	15	50	60	-10	35
BOSHAM	36	9	6	15	45	58	-13	33
HURSTPIERPOINT	36	9	6	15	45	61	-16	33
TD SHIPLEY	36	10	1	15	49	78	-29	31
CLYMPING	36	5	3	22	31	96	-65	18
HAYWARDS HEATH TOWN	36	3	7	20	29	69	-40	16
ROFFEY	36	1	5	28	33	102	-69	11

*1 pt deducted - ineligible player

Furniture & Mirror

Showrooms

The Furniture Ombudsman

£150 - 100% SOLID OAK THROUGHOUT!

SUPERIOR QUALITY - SUPERIOR SERVICE

HUGE CHOICE OF OAK - FRUITWOOD + PAINTED PINE FURNITURE ON SHOW
THE LARGEST COLLECTION OF TOP QUALITY SOLID OAK FURNITURE IN THE REGION
FREE DELIVERY + SET UP FROM VAST STOCKS WITHIN 7 DAYS [60 MILE RADIUS]

NEW ADDITIONAL BRANCH NOW OPEN @ 121 MONTAGUE ST-WORTHING

SPRING SPECIAL

OREGON TV UNIT

NORMALLY £285

NOW £195

100% SOLID OAK THROUGHOUT !
CHOICE OF HANDLE

[UNTIL MONDAY 30TH]

100% SOLID FRUITWOOD RANGES

LIVING/ DINING/BEDROOM

TABLE + 4 = £495

Online Full Catalogue: www.furnitureandmirror.com

OPEN 7 DAYS INC. ON SITE FREE PARKING
UNITS 5-6 TERMINUS MILL, TERMINUS ROAD IND. ESTATE,
CHICHESTER. PO19 8UN [Near Shippams]

VISIT US SOON - YOU WILL BE AMAZED !! Tel: 01243 783960

NO EQUALS FOR THIS QUALITY AT OUR PRICES IN THE REGION!